

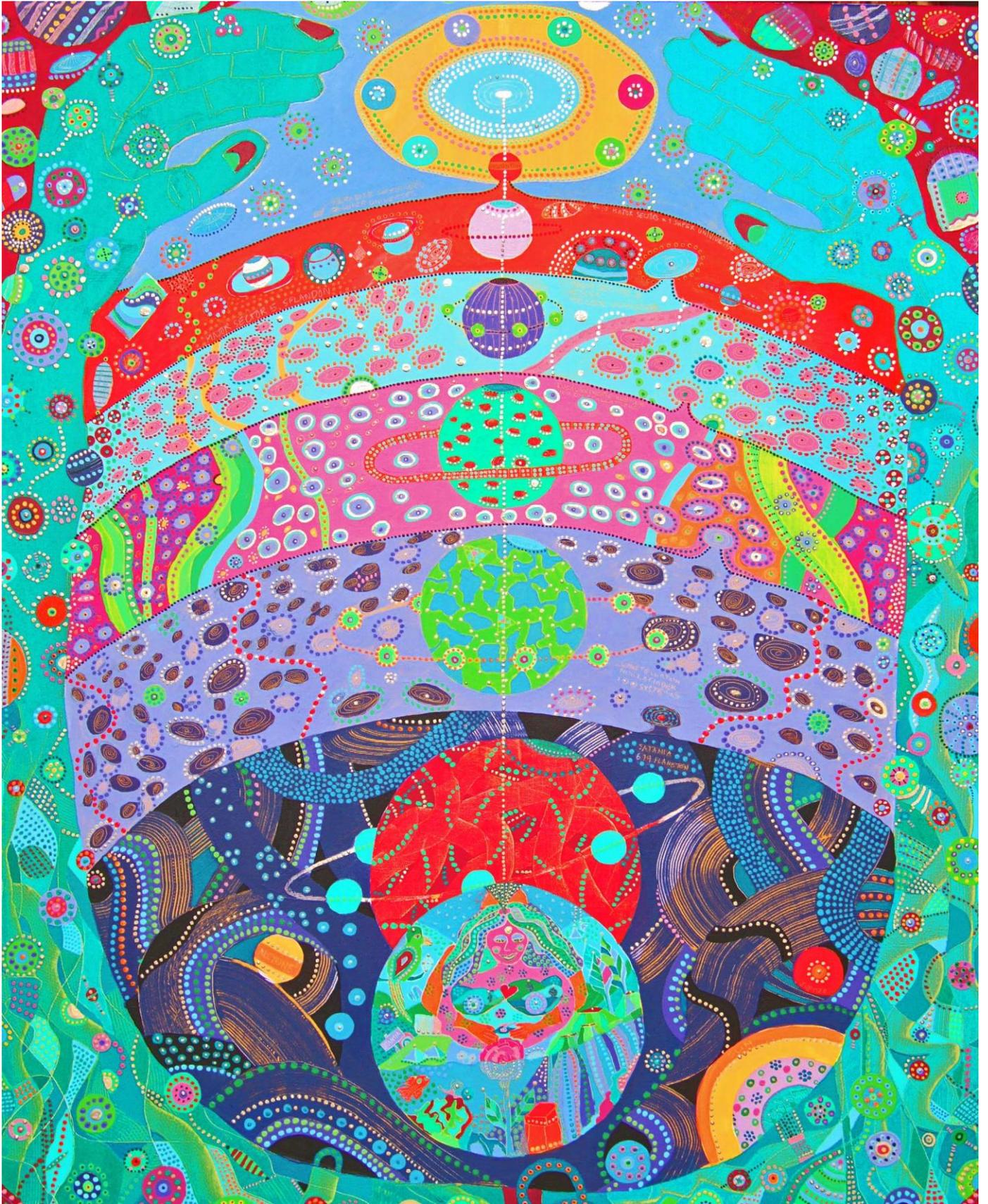
*Messages from*  
*Abundant Hope*

© Abundant Hope



© Abundant Hope

**Rosie Part # 2**



" GAIA'S RECONNECTION TO THE UNIVERSE " from Rosie

## **INTRODUCTION**

### **to the Messages with Rosie**

**In 2009, while lying in bed fully awake, I heard someone saying the words “NOW I AM HERE“. As I was completely alone, this startled me to the core. Later I sought out a medium for more information about the owner of this voice. I was told that my old personal guide had departed, and a new one had come in his place, because of the intense times ahead. When I asked the name of the new guide, I was told SERAPHIN, and that he would welcome communication.**

**Since then, Seraphin has guided my painting and writing hand in these critical but also wondrous times. Correspondence began in February 2010 when I started to write questions on paper and record Seraphin’s very swift and concrete replies. Seraphin identified himself as a member of the Legion of Light for the manifestation of spiritual truth through the arts. This continued in earnest in October 2010 when I increasingly addressed Seraphin about the state of our planet and the very grave necessity for monumental change.**

**At the time of writing this, June 2011, I have been blessed with nearly 60 messages through my hand which are compiled here. The messages will continue until such a time as they are rendered unnecessary. They come in all shapes and sizes, and at all times of the day and night, always precise, clear and thought provoking.**

**Those friends who have witnessed this development, from the very first messages when I was still unsure of this process, will confirm that the confidence and ability to receive or “download” information or advice from dimensions beyond our physical world can start from a small seed of trust and intent, and grew into a tree of great stature, if aligned with the principles and laws of balance of the Divine Creation.**

**The purpose of writing this is to encourage everyone with similar desires and intent to use their God-given talents for the promulgation of truth, for you too can activate the fragment of Divinity within, connecting to Source, acting upon impulses which result from that connection, and express this for the benefit of others with all the creative means at your disposal.**

**May all who read here be blessed with the divine wisdom thus clarified and presented.**

**In gratitude and love, Rosie and THE SPIRITUAL REVOLUTION PROJECT**

**[www.rosiejackson.de](http://www.rosiejackson.de)**

## Table of Contents

<u>Message</u>	<u>Page</u>
<b>Introduction to Messages with the Masters .....</b>	<b>1</b>
<b>Table of Content .....</b>	<b>3</b>
# 60 THE PROCRASTINATION OF THE GODS .....	5
# 61 BECOMING A LEADER .....	6
# 62 ASK WHY DURING THE MARATHON .....	8
# 63 FLYING FROM POISON TO PARADISE .....	12
# 64 Posting Love Letters on the Cosmic Circuit .....	13
# 65 LEARNING TO FALL AND FALLING TO LEARN .....	15
# 66 The Story of Seraphin (Introduction) .....	16
# 67 THE MAGNET OF UNITY .....	17
# 68 RIDING THE DIVINE CURRENT .....	18
# 69 PLEA TO BURN AGENDAS .....	19
# 70 THE DIVINITY OF THE HUMAN DUSTBIN .....	21
# 71 GIGANTIC STEPS: THE GLOBAL UPGRADE .....	23
# 72 DARING TO EMERGE .....	25
# 73 VOLUNTARY PRISONS AND INFINITE SPACE .....	26
# 74 NOISE OR CREATING A SOCIETY OF GENTLE BLISS .....	28
# 75 Finding The End .....	30
# 76 BUTTERFLIES AND STORMS BEYOND THE TEA-CUP .....	32
# 77 RISE LIKE THE GRASS .....	34
# 78 THE SEAMLESS CIRCLE .....	36
# 79 MOVING TO THE ROOM OF REQUIREMENT .....	38
# 80 LIFE AND DEATH ON YOUR FRONT DOOR .....	41
# 81 SACRED COWS AND SACRED STANDBY .....	42
# 82 WIND DOWN AND STOP .....	43
# 83 THE VOICE OF LOVE WHISPERING NEW BEGINNINGS .....	46
# 84 THE LAST MINUTE WAKE-UP CALL .....	48
# 85 THE TRANSPARENT WORLD APPROACHES .....	50
Numbers following Rosie from here!	
# 80 YOUR OWN PERFORMANCE OF THE DIVINE MELODY .....	53
# 81 THE POWER OF YOUR GREATER SELVES .....	55
# 82 MEMBERSHIP OF THE COSMIC FAMILY .....	57
# 84 CHANGING VEHICLES ON THE SOUL'S JOURNEY .....	58
# 85 DELAYS, COMMITMENT AND NEED TO KNOW .....	59
# 87 THE VALUE OF SACRED SIMPLICITY .....	60
# 88 CONTEMPLATE THE NEVER-END .....	62
# 89 REMOVING THE SUGAR COATING .....	63
# 90 UP SIDE DOWN: FROM A LIFE IN CAGES TO VIEWING ABUNDANCE .....	65

# 91 THE INCREASING INTENSITY OF LIGHT .....	68
# 92 SEEING ETERNITY AS PART OF THE EQUATION .....	70
# 93 SHIFTING FOCUS TO THE MADNESS.....	72
# 94 CEMENTING THE FUTURE SECOND BY SECOND .....	74
# 95 NEW JOURNIES AND MOVING MOUNTAINS.....	75
# 96 THE PARALYSIS OF PEACE-KEEPING.....	77
# 97 OPENING THE FLOOD-GATES OF TRUTH .....	79
# 98 CULLING THE COLD WIND .....	82
# MESSAGE FROM THE SUN .....	84
# 99 WHAT IS <b>YOUR</b> MESSAGE? .....	85
# 100 SCRAMBLE FOR SURVIVAL OR SACRED MARRIAGE .....	87
# 101 PEDDLING IN MID AIR ON AUTOMATIC WITHOUT TEARS .....	89
# MESSAGE FROM OUR EARTH.....	91
# 102 HOW DO YOU WANT TO LIVE? .....	92
# 103 RISING AS A BIRD: BECOMING THE CREATOR.....	94
# 104 DRUNKEN WITH THE DIVINE .....	96
# 105 CONSTANT UNIVERSAL VIGILANCE .....	98

*All writings by members of AbundantHope are copyrighted by  
©2005-2011 AbundantHope - All rights reserved*

[Detailed explanation of AbundantHope's Copyrights are found here](#)

# THE PROCRASTINATION OF THE GODS

By Seraphin and Rosie

# 60 May 18, 2011

R: Dearest Seraphin: I feel that DELAYS and PROCRASTINATION will be the topic of this next message. From my own experience I know that even a split second delay can seal my fate or change my world. When someone suddenly appears in front of me – in a queue, on the street or on the dance floor – and SMILES, then the decision of whether to entertain this potential of cementing a new friendship is made IN A SINGLE MOMENT, depending on whether I smile back

...

S: Yes Dearest: this is the way life can proceed, in ever-increasing leaps and bounds, and with increasing intensity, if these initial encounters are not blocked off immediately. The key is always leaving a door open to new experiences, for deciding whether this is or is not the correct path for you cannot be made in advance, only with hindsight.

What we would like to say today is that this blocking off of new avenues, and in fact the belief that there are very few new avenues open to you all (and in this, resignation plays a large part) has become RAMPANT, LIKE WEEDS HAVE BEEN ALLOWED TO TAKE OVER A VEGETABLE PATCH, CHOKING THE GROWTH OF THE TRUE FRUITS. IT IS TIME TO WEED OUT SUCH BELIEFS WHICH RESTRICT YOUR POTENTIAL AND TO UTILISE THE SOIL WHICH CONTAINS SO MANY NUTRIENTS.

IF YOU DELAY, IF YOU HESITATE, IF YOU PROCRASTINATE CONTINUOUSLY, THE GROWTH OF THE WEEDS WILL NEVER BE CHECKED, AND THE INCREASING MOMENTUM OF THIS WILL BRING ABOUT YOUR SPIRITUAL STANDSTILL AND DEATH.

Imagine the joy of sudden transformation, of a sudden swing from hopelessness to breathless enthusiasm, from sadness to optimism, from doubt to faith, and BELIEVE that this is possible FROM ONE SPLIT SECOND TO ANOTHER, as this child who writes can testify. Be prepared to smile and be loving in the most absurd and unexpected and unusual situations, for they are presented to you as stepping stones to another reality, another concept of yourself, and a way towards deeper realisation of your soul's desire.

What may seem to be distant may be just around the corner. What may seem to be a tragedy may be a miracle. What may seem to be a stranger may well be a partner selected for you by heaven for the purpose and creation of heavenly works, and if you smile, the celestials will applaud you and celebrate accordingly.

You may seem to be sad, but this is a passing phase in a life of joy. You may seem to be procrastinating, but this is a passing phase in a life of enthusiastic velocity. You may seem to be powerless, but in fact you are gods.

# BECOMING A LEADER

By Rosie

# 61 May 21, 2011

## BECOMING A LEADER

Hi everyone: here is a piece on leadership from my UNITY TAROT. Thought it - or the questions at the bottom - might inspire us further .... love Rosie

## GLOBAL VILLAGER 8 – LEADERSHIP

Woman aged 35 from Xingiang, China. Muslim, literate, speaks Uigur and Mandarin, heterosexual

Portrayed in THE WORLD – REALITY (Panel A, centre)

Portrayed in THE WORLD – VISION (Panel A, centre right)

Grasping her throbbing head in her hands, a cotton worker in western China is haunted by fear and by the unpleasant memories she has bottled up inside her. She is a member of the Uygur Minority and works in a large factory. Lethargic, ragged and hungry because she has not been paid for five months, she has to rely on the benevolence of her neighbours who give her their scraps of left-over rice. She feels deserted, especially by the men in her life; by her father, who worked in southern China and only returned to his family once a year; by her first husband, who never showed his feelings and disappeared without explanation overnight; and by her present husband – a miner – who failed to comfort her when she lost a child. She envisages these three men with indistinguishable features floating impassively above her, out of reach. Even when she is in a relationship, she feels strangely distant and helpless, desperate for the sense of security she has never known.

When the woman learns that her second husband is dead, one of 80 miners killed in a fatal gas explosion due to negligent safety regulations, she is overwhelmed by a feeling of paralysis and grief. Why does the pattern keep repeating itself? In a bid to change this pattern, she examines her feelings more and more. When she digs deep enough, she finds the core of intense anger and frustration which she has bottled up for so long. She finds herself screaming. With time, she realises that she is partly screaming at herself, as she recognises that she is fifty percent responsible for her failed relationships. And with time, she understands that people deserting her merely mirrored her own self-desertion. After screaming sessions she feels a sort of prickling energy coursing through her veins, and for the first time in years she stops grumbling and finds the strength to take action. She talks to other workers at the factory and realises that they have to make a stand instead of adhering to the role of the suffering victim. Together they draw up a manifesto of their demands and threaten to strike if they are not paid. The woman realises that her past experiences – however painful – are all helpful stages of a process intended to propel her along the path to true autonomy, independence and leadership.

### Questions

Could lethargy be the result of spending large amounts of energy on keeping emotions – especially anger – under control?

Have you deserted yourself?

If you wrote a manifesto for yourself, setting out your own needs, what would you or your body

demand? Why are some people angry or hurt when they are deserted, and others not? What is your own 'sensitive spot' which is easily wounded?  
How can you release the anger which is still bottled up inside you without hurting others?  
In your relationships with other people, which patterns keep repeating themselves?  
What message are unfortunate events trying to give you?  
Given that we create our own lives, how much of your life do you chose to create?  
What new horizons will open when you have successfully let go of the past?  
How would the world change if everyone chose positive roles in the knowledge that they are role models for others? In what way can you become a 'leader'?

# ASK WHY DURING THE MARATHON

By Rosie / Johan

# 62 May 25, 2011

First Rosie and Seraphin

**Message: ASK WHY DURING THE MARATHON**



Message 55: ASK WHY DURING THE MARATHON

Seraphin through Rosie, 23rd May 2011

R: Dearest Seraphin: it is the middle of the night and I can't sleep, so I imagine that you have something to tell me ...

S: Yes, Dearest, this is so. We know that you are not keen on taking factual messages with mention of time-lines or concrete details relating to current events, and that you prefer to transmit philosophical content which is universally applicable in the form of an allegory or comparison, so here is another one ...

The magnificence of the universe, from which your planet has been separated so long, can be seen in something comparatively small, like the beautiful spiral shell which has been attracting your attention for some time. It is perfect, complete in itself, and the curves and spirals of the form mean that nothing can escape that swirling movement of the universe. In this way, your earth is an

inextricable part of the whole, as all planets are, however young or insignificant or not yet populated with intelligent life, and for the earth also IT IS IMPOSSIBLE TO ESCAPE THE MOVEMENT OR TO AVOID THE MAGNETIC ATTRACTION TOWARDS THE CENTRE OF THE SPIRAL, TO THE VORTEX, TO THE CORE OF DIVINITY.

The pull towards paradise is irresistible for every fragment of divinity in the universe, and I say EVERY ONE OF YOU READING THIS CONTAINS THAT FRAGMENT OF DIVINITY inside their soul. If you resist this almost magnetic pull, you will find yourself feeling uncomfortable, in a position of resistance, on the sidelines of life, increasingly ASKING WHY you are there instead of living life to the full and in complete abundance.

The solution to this is the ASKING WHY. Complacency and lethargy will keep you on the sidelines, as lame spectators, sometimes applauding feebly, sometimes feeling vicarious excitement, and sometimes turning away from the marathon runners on the way to their goal, to look at something else. The question is: HOW MUCH LONGER DO YOU PLAN TO LOOK AWAY? Now, more than any other time in your lives, it is time to ask WHY AM I ON THE SIDELINES AND HOW CAN I ENTER DIVINE SERVICE AS QUICKLY AS POSSIBLE?

And we say that this can happen from one moment to the next, that this decision is easy: enter your name on the dotted line of your heart, and then take your heart with you wherever you go. Then you will automatically find yourself on the track to the central pivot of universal love, of unconditional love, given by you and received from all sides in return. Thus you will see that everything – even if it appears otherwise, and even if it takes eternity – eventually spirals inwards to the heavenly core.

## **Part 2: JOHAN and Seraphin:**

Dear Seraphin, thank you again, And Rosie of course, for bringing this beautiful message again what should make us stop in our tracks and see if we need to ask the WHY indeed? It surely inspired me to do so. Would you be so kind of also blessing me with your Inspiration, or should I leave it for now? "

Ser. The message is complete enough so it can stand on its own, but now that you opened the box I could however complement your hungry taste buds with more flavor to the next question: HOW?

Joh. Now to be sure not to ignite any upset with Rosie, after all, She is the one who receives your messages on a regular basis, you think its a good idea?

Ser. Chickening out already?

Joh. Not exactly, merely wanting to keep the peace as I know my enthusiasm can be misinterpreted for ulterior motives, although I merely aswer to the pull, the call to ask that question, as Rosie and yourself clearly Inspired me to do and she actually welcomed any kind of co-creation.

Ser. Ok, I see your good spirit and welcome you to joint the club, however, are you up for the challenge?

Joh. Well, Seraphin, I see the challenge in stepping in the footsteps of the legendary Rosie, if that is what you refer to? This can lead to utter humiliation but then again, I have received some

messages before, even yours, was looked upon and questioned about my motives before and I learned that when I followed my Inner and Higher Guidance in all honesty and pure intent, I did not fail me so far. And if this lead to a mighty correction or kick in the butt from Rosie herself, isn't this how many apprentices learn from their master? You surely would not lead me in that direction now do you Seraphin?

Ser. Ofcourse not, hmhm, where two or more together in my name ..... there we have an obligation to be serious you know.

Joh. Are you pulling my leg or just leading me on, Seraphin.

Ser. Neither my child, relax, now You were the one to open the box, remember?

Joh. I agree, so lead the way, I will follow.

Ser. It is known that you stepped into Divine Service some time ago, so the question Why would not serve you that much. I prefer to lead you to HOW, what would complement this message Rosie brought here. She talked about perfection, always leading to Home, to Source, WHEN and IF you choose that road. The shell Rosie looked upon shows the perfect Fibonacci Sequence that is the basis of so many applications in Sacred Geometry that most of you have not even touched nor heard about. Even the Golden Mean that stands for the Ideal, Divine, Perfection can be brought into this conversation/inspiration. Only hunger for Knowing brings that material to the surface, but all proves what has been created through Love, the Sincere Desire to do good unto others, and learn as much in the process, WHAT ALL STARTS FROM THE HEART, brings nothing but perfection, and brings all Home, Back to Source, like the Spiral Rosie talked about. The HOW starts from the start: Your Heart. By Loving and caring and accepting and forgiving, and the list goes on, as you know...., this unites you with the Essence of ALL THAT IS, and spirals you back towards its epicenter. Once you discovered that path through your experiences and practice, your Guidance will shine the Way.

The marathon seems long, the road exhausting, the end not in sight as yet, but persistency spirals you back to the core, through the vortex as described this morning. Too many stand by the side, since they fear not to make it as the first, to be beaten by others, stronger and more determined, WHILE THEY DO NOT UNDERSTAND THAT SPEED OR BEING THE FIRST has never been the point at all. Making it to the finish is the goal. This marathon is not about time, but about the experiences along the road. Learning from your teammates, joining hands, reaching out, stopping to help out, assisting these in need or injured on the physical, emotional, mental or spiritual level. It will slow you down at first, but your pure hearts intent will spiral you Home, to the finish line eventually. The more you assist and Serve along the road, the higher you will be lifted out of the mud, from your tired legs and feet, even with those you helped and showed gratefulness for your help. When you finally make it to the finish line, holding on to another, supporting your brother or sister with injury, it will catapult you through the vortex and make you land where you deserve, on the rest of the narrow path up and onwards, back to Source...

Now, since I know you are hungry to know, let me even point out, as Rosie was inspired by her nautilus shell, all by herself, if she were to take two and hold them next to one another, like two teammates stand side by side, like left and right, she would discover that two perfect spirals, two mirroring Fibonacci spirals when joined at the right place, form the perfect representation of the male and female energy and both mirrored to the other side, would show a figure eight, never ending, always spiraling, almost showing Immortality and Infinty. The Egyptians found its meaning, so did Da Vinci and when Knowing and practising comes together, Divinity shows its perfection. And it leads back to your heart: where Love applied will connect you so much faster and easier to the perfect spiral, that vortex, that pull towards Divinity, that shows you the HOW after asking WHY.

Does that connect the dots a little, my child? Does that satisfy your hunger for now?

Joh. Eughhh, you thought me alot didn't you? How can I thank you, Seraphin?

Ser. Well, you could start by thanking Rosie for waking up in the middle of the night and asking me what's up? Sounds like a start to me..... And You opened the box to ask WHY. Isn't that still your favorite question, as It always was ???

Joh. Honestly Seraphin, you know me that well ???

Ser. What is there not to know, in the ONENESS of it all ? Awareness, consciousness, as alot of you will experience it in its fullness, very soon. I would say, perfect point to end this transmission. Your both co-creational drive will spiral you Home, your Higher Consciousness, as mother Earth is readying herself now, as you will notice, and then you have reached the finish line of the marathon.... a little tired for most, but tremendously rewarding beyond your imagination. There will be plenty reason to celebrate. The fish swimming in the big ocean again, the train arrived at its destination, the spiral vortexted you to the core of your Essence and Existance, like the shell Rosie looked at so many times and brought both of your messages together and HOME.

Joh. Thank you sooooo much Seraphin and Rosie in the first place for being such a source of inspiration to all of us and thank you for your open invitation and giving me the courage to ask your suggested question WHY. Now we also know HOW. And with plenty of tears in my eyes out of gratefulness for life that spirals me so fast now, that it has my head spinning at times, I thank your shell for bringing all of this together and Home, as Seraphin just explained.

Johan, very humbled and happy again.

# FLYING FROM POISON TO PARADISE

By Seraphin and Rosie

# 63 May 27, 2011

R: Dearest Seraphin: I have been marvelling at the qualities demonstrated by bees. While I was sitting outside, one bee hovered in front of my nose for 10 seconds, and I could see its tiny body in all clarity, but its wings were beating so fast that I could not perceive them. This, in itself, is a miracle, beyond our powers of comprehension. When this happened, my first reaction was fear that the bee might land on my nose and sting me, but then I was overwhelmed by its beauty and the miracle of flight ...

S: Yes, Dearest: for as long as mankind has been on this earth, his or her eyes have been turning skywards towards the heavens, recognising something of which they are incapable – independent flight. This idea of being chained to the soil and restricted in movement – whether spatial, linear, or regarding time travel – is deeply ingrained in your consciousness. You look longingly to the skies and do not recognise your own wings, your own spiritual capacities which – if developed – can catapult you into new flight paths and fields of gravity (or non-gravity). For with each progression into a new area of experience, new rules apply, until they too dissipate as you move into the next arena, with ever new parameters.

When regarding a bee, you can either slow down a film of the bee, watching the wings flap in slow motion, and thus make the bee adjust to your own present level of perception OR, you can step up your own methods of perception, accelerating to catch up with seemingly impossible or inexplicable phenomena.

So we ask you now: WHAT IS YOUR CHOICE? TO SLOW DOWN, TO BE SPOONFED BY EXTERNAL ARTIFICIAL MEANS, OR TO ACCELERATE YOUR DIVINELY GIVEN MOMENTUM, DEVELOPING YOUR OWN INATE ABILITIES, OR TO WAIT UNTIL THINGS YOU DO NOT UNDERSTAND ARE PRESENTED TO YOU IN A WAY IN WHICH NO EFFORT IS REQUIRED ON YOUR PART?

The danger of succumbing to information which has been pre-prepared, which requires no personal effort, is that you can easily be fed POISONOUS FARE. At the same time, it ENCOURAGES COMPLACENCY which in turn makes proffered fare more convenient and more acceptable and preferable to you.

WE SAY IT IS TIME TO TURN THIS AROUND, FOR YOU HAVE BEEN POISONED. WHAT HAS SEEMED TO BE HARMLESS AND COMFORTABLE AND REASONABLE FOR SO LONG, HAS DUMBED YOU DOWN, ERASED YOUR MEMORY, WORN DOWN THE SHARP EDGE OF YOUR ENQUIRING MIND.

And when you have reclaimed this sharpness, this desire to enter new realms of experience, that is when you will escape the fear, when you will be able to see every cell in the moving wing of a bee, when you will recognise the full miracle, the true beauty and the infinite potential of your own journey through the universe.

# Posting Love Letters on the Cosmic Circuit

By Seraphin and Rosie

# 64 Jun 1, 2011

R: Dearest Seraphin; I have spent quite a while this morning trying to find the post-office which simply WASN'T THERE in the usual place. It has apparently moved without me noticing. By now, I know if something unusual like this happens, it is time for another message ...

S: Yes Dearest, these are TIMES OF GREAT DISORIENTATION. You revisit certain places, just as you revisit certain trains of thought, but the times are such that you often run around in circles or run into a DEAD END in all senses of the word. You are suddenly stopped in your tracks, expecting smooth movement and normal functioning, but this is disrupted in a dramatic manner, because something has DIED or something has ENDED. This is because we are in the days of FINALISATION, sorting through our experiences for those which stand out, stand the test of time, amount to SOMETHING EXTRAORDINARY WHICH IS FAR BEYOND THOUGHTLESS CONTINUATION DOWN FAMILIAR AND WELL-TRODDEN PATHS.

For the familiar is about to disappear, if it is not in sink with your soul's purpose. In your personal case, the post-office disappeared, and with it, the chance to send packages and letters – vestiges of indirect communication - in the usual way. IT IS TIME FOR ALTERNATIVE AND MORE DIRECT METHODS OF COMMUNICATION, FOR THE TRANSFERAL OF COSMIC KNOWLEDGE ON COSMIC CIRCUITS, FOR MESSAGES TRANSMITTED BY TELEPATHY, FOR THOUGHT-LETTERS WHICH REACH THE HEART AND NOURISH THE SOUL, instead of missives which communicate superficialities and flatter the ego, instead of those which do not penetrate beyond the eyes of the receiver.

It is possible, of course, to set off in all weathers to try and find the lost post-office, or the lost (unfulfilling) relationships, or the lost material vestiges of your lives, but these searches will become increasingly tedious, lengthy and fearsome. And we say: REGISTER THAT THERE IS A DIVINE POSTAL SYSTEM WHICH IS ONMIPRESENT AND ALWAYS OPEN. Here, there are no limits to the size and weight of the love package you are sending, and it can be sent to multiple receivers at no cost and at a moments notice. In fact, this system is not designed to take your money, but to provide a unique service, enabling YOU to carry out YOUR divine service.

Therefore, include everyone and everything on your list of receivers. Collect the addresses of the stars, send your love to your planet and your universe without restriction. There will be no need to make any record of when you sent it (as you did, Rosie, with your urgent letter this morning) or ask for confirmation of receipt, as it is in the nature of love to arrive without fail. It will always reach its destination, being of absolutely purity, as it wings its way unhampered like an arrow, piercing all densities and complexities with ease.

And because the energy you send out returns to you personally with the same intensity, additionally amplified, there is no need to solicit a reply because this will come to you automatically in a HUGE PARCEL OF LOVE.

Seraphin through Rosie, 1st June 2011

R: Dearest Seraphin; I have spent quite a while this morning trying to find the post-office which simply WASN'T THERE in the usual place. It has apparently moved without me noticing. By now, I

know if something unusual like this happens, it is time for another message ...

S: Yes Dearest, these are TIMES OF GREAT DISORIENTATION. You revisit certain places, just as you revisit certain trains of thought, but the times are such that you often run around in circles or run into a DEAD END in all senses of the word. You are suddenly stopped in your tracks, expecting smooth movement and normal functioning, but this is disrupted in a dramatic manner, because something has DIED or something has ENDED. This is because we are in the days of FINALISATION, sorting through our experiences for those which stand out, stand the test of time, amount to SOMETHING EXTRAORDINARY WHICH IS FAR BEYOND THOUGHTLESS CONTINUATION DOWN FAMILIAR AND WELL-TRODDEN PATHS.

For the familiar is about to disappear, if it is not in sink with your soul's purpose. In your personal case, the post-office disappeared, and with it, the chance to send packages and letters – vestiges of indirect communication - in the usual way. IT IS TIME FOR ALTERNATIVE AND MORE DIRECT METHODS OF COMMUNICATION, FOR THE TRANSFERAL OF COSMIC KNOWLEDGE ON COSMIC CIRCUITS, FOR MESSAGES TRANSMITTED BY TELEPATHY, FOR THOUGHT-LETTERS WHICH REACH THE HEART AND NOURISH THE SOUL, instead of missives which communicate superficialities and flatter the ego, instead of those which do not penetrate beyond the eyes of the receiver.

It is possible, of course, to set off in all weathers to try and find the lost post-office, or the lost (unfulfilling) relationships, or the lost material vestiges of your lives, but these searches will become increasingly tedious, lengthy and fearsome. And we say: REGISTER THAT THERE IS A DIVINE POSTAL SYSTEM WHICH IS ONMIPRESENT AND ALWAYS OPEN. Here, there are no limits to the size and weight of the love package you are sending, and it can be sent to multiple receivers at no cost and at a moments notice. In fact, this system is not designed to take your money, but to provide a unique service, enabling YOU to carry out YOUR divine service.

Therefore, include everyone and everything on your list of receivers. Collect the addresses of the stars, send your love to your planet and your universe without restriction. There will be no need to make any record of when you sent it (as you did, Rosie, with your urgent letter this morning) or ask for confirmation of receipt, as it is in the nature of love to arrive without fail. It will always reach its destination, being of absolutely purity, as it wings its way unhampered like an arrow, piercing all densities and complexities with ease.

And because the energy you send out returns to you personally with the same intensity, additionally amplified, there is no need to solicit a reply because this will come to you automatically in a HUGE PARCEL OF LOVE.

# LEARNING TO FALL AND FALLING TO LEARN

By Seraphin and Rosie

# 65 Jun 8, 2011

R: Dearest Seraphin: I have just been witness to a potentially serious accident – someone fell off a bicycle. Luckily nothing was broken because the ground was soft and muddy. And the words “learning to fall” and “falling to learn” keep on going around in my head ....

S: Yes, Dearest, let us take “learning to fall” first. As small children learning to walk – an almost universal experience that few can remember – learning to fall was the accompanying process. Nobody got angry about it: tumbling over and clutching at furniture or hands for support was simply a continual daily attempt to make progress. Only as a result of extreme determination – despite the constant falling process – does the child succeed in taking its first steps. **BALANCE IS NOT POSSIBLE WITHOUT EXPERIENCING THE FALL.** Falling at that time was almost inevitable, a vestige of normality.

To fall as an adult often evokes responses of “How could that happen?” or “This is impossible!” or “I must have made a fool of myself”. It is no longer seen as a natural process which encourages offers of help from friendly hands, but as a failure. And we say to you: **FACE UP TO FALLING, RECOGNISE IT AS A WAY OF STRENGTHENING THE DETERMINATION TO FIND A DIFFERENT PATH, FOR THE PRESENT ONE HAS MADE YOU FALL TO INCITE THIS REALISATION.**

After a fall you are forced to lie down. Perhaps you are in shock and ask yourself **WHERE AM I?** And indeed, this is a good question to ask. **WHERE AM I? WHERE DO I WANT TO BE? WHERE IS MY SOUL TELLING ME TO GO?** This is a pivotal moment of great potential with the power to change the direction of your personal story. The harder the ground you fall upon, and the greater the injury, the longer you are forced to lie down and consider these urgent questions. And if you do not heed the questions and thus change direction, “chance” or “synchronicity” or “soul desire” will organise something of even greater impact to increase the potency of the wake-up call.

This is the meaning of the second phrase you heard, **FALLING TO LEARN.** When you are able to see accidents in this light, then every “failure”, every “fall”, every disappointment, is merely a stepping-stone to the next stage of the learning process towards full enlightenment. And so we say **FALL WITH GLADNESS AND GRATITUDE IN THE KNOWLEDGE THAT THIS MAY BE TEMPORARILY PAINFUL BUT SIMULTANEOUSLY A WAY OF FALLING INTO THE ARMS OF THE DIVINE.**

# The Story of Seraphin (Introduction)

By Rosie

# 66 Jun 10, 2011

INTRODUCTION ( The Story of Seraphin) which Rosie wrote for the Pdf collection of her works with Seraphin.

In 2009, while lying in bed fully awake, I heard someone saying the words "NOW I AM HERE". As I was completely alone, this startled me to the core. Later I sought out a medium for more information about the owner of this voice. I was told that my old personal guide had departed, and a new one had come in his place, because of the intense times ahead. When I asked the name of the new guide, I was told SERAPHIN, and that he would welcome communication.

Since then, Seraphin has guided my painting and writing hand in these critical but also wondrous times. Correspondence began in February 2010 when I started to write questions on paper and record Seraphin's very swift and concrete replies. Seraphin identified himself as a member of the Legion of Light for the manifestation of spiritual truth through the arts. This continued in earnest in October 2010 when I increasingly addressed Seraphin about the state of our planet and the very grave necessity for monumental change.

At the time of writing this, June 2011, I have been blessed with nearly 60 messages through my hand which are compiled here. The messages will continue until such a time as they are rendered unnecessary. They come in all shapes and sizes, and at all times of the day and night, always precise, clear and thought provoking.

Those friends who have witnessed this development, from the very first messages when I was still unsure of this process, will confirm that the confidence and ability to receive or "download" information or advice from dimensions beyond our physical world can start from a small seed of trust and intent, and grew into a tree of great stature, if aligned with the principles and laws of balance of the Divine Creation.

The purpose of writing this is to encourage everyone with similar desires and intent to use their God-given talents for the promulgation of truth, for you too can activate the fragment of Divinity within, connecting to Source, acting upon impulses which result from that connection, and express this for the benefit of others with all the creative means at your disposal.

May all who read here be blessed with the divine wisdom thus clarified and presented.

In gratitude and love, Rosie and THE SPIRITUAL REVOLUTION PROJECT

[www.rosiejackson.de](http://www.rosiejackson.de)

\*\*\*\*\*

INTRODUCTION ( The Story of Seraphin) which Rosie wrote for the Pdf collection of her works with Seraphin.

This piece is under copyright protection of <http://www.abundanthope.net> It may be placed anywhere on the web as long as it is not changed in anyway and a link placed back to this site. It is preferred you place the entire piece, and if not possible to do so, you must note that the rest of it can be found at the link. Thankyou, Candace.

# THE MAGNET OF UNITY

By Seraphin and Rosie

# 67 Jun 30, 2011

R: Dearest Seraphin, I have been feeling strangely sad today (though there is nothing acutely “wrong”) and feeling so sensitive. I am somehow still in limbo after a long car journey home, during which I observed beautiful scenery, but towards the end I realised that I had little connection to it. I had been on roads – a concrete layer separating me from the floor of the earth – for many hours. This was a shocking realisation for me. Now, when I open a wooden cupboard or walk barefoot over a parquet floor, I feel that I am opening a wound in a tree, and when I hold an onion in my fingers, I feel that I have a whole field in my hands. And when I touch a ceramic bowl or a piece of stone, it is like feeling the inside of the earth ...

S: Yes, Dearest: as you spend longer periods of seclusion in nature, as you have recently, your soul will become increasingly desirous of this union with all and you will develop a sensitivity presently blocked out by multiple external sensations, noise and distractions. This BEING STILL, BEING ALERT, BEING AWARE of the movements of plants and animals – however slow they are in comparison to yourself – can bring you balance and renew your sense of wonder and wholeness.

Your infinite sadness at this point is related to the feeling of separation from something of which you are an integral part – a composite of divinely functioning and coordinating particles which you define, rather blandly, as “nature”, but which might be better described as ALL THAT IS, including ALL THAT IS NOT, for without this negative aspect you would not feel compelled to move towards this MAGNET OF UNITY. It draws everyone into its sphere of influence, whether you go willingly, with humility and wonder, or whether you are dragged there screaming and kicking as a result of a series of wake-up calls. You will have to integrate in the end, because this is THE ONLY DIRECTION THERE IS.

Through your awareness of beauty, through your desire to move towards beauty, you can collectively change the face of the planet from a pock-marked, cracked, cemented visage to golden fields of abundant harvests, to playgrounds for fertile and imaginative unfettered minds and healthy joyful living.

And we say: treat the animals as your loved ones, your companions in a future paradise of peace, EXPRESS YOUR GRATITUDE FOR EVERY POTATO BEFORE YOU CONSUME IT, FOR IT IS ALSO A CHILD OF THESE FIELDS, GIVEN IN GENEROSITY FOR YOUR SUSTENANCE. GIVE THANKS FOR EVERY PIECE OF WOOD, CLAY, PAPER, STONE OR NATURAL CLOTH WHENEVER IT TOUCHES YOUR FINGERTIPS, FOR THIS IS PART OF YOURSELF TO BE LOVED AND CHERISHED.

# RIDING THE DIVINE CURRENT

By Seraphin and Rosie

# 68 Jun 30, 2011

R: Dearest Seraphin: during meditation I saw a buzzard circling endlessly above my head, and some children splashing around in a pool nearby, unaware of the bird. Simultaneously I heard a door being slammed by the wind. It seems that you would like to deliver a message concerning these phenomena ...

S. My Dearest, you have seen this bird in reality, circling above you almost effortlessly, without even having to flap its wings, supported by SEEMLESSLY NOTHING, suspended by SEEMLESSLY NOTHING, transported from one plane to another by SEEMLESSLY NOTHING. But know that this is symbolic of a very strong and positive unseen force of power and passion which is capable of mass unprecedented transformation, of moving destructive worlds which are deep in coagulated mud into astonishing fluidity and lucidity and clarity, which can be perceived and understood by all.

Everyone can enter into these new worlds, this light, this reconnection to the strong inner presence which is presently still crusted over by slime and layers of decay, hidden beneath centuries of repair, which require frequent costly and ever more radical measures of renovation as the cracks occur at an increasing and increasingly alarming rate. The cracks are pushed open wider by the unseen force of love, the current which pushes everything into the open, WHICH WILL PUSH EVERY DOOR, WHICH IS CAPABLE OF ELEVATING THE MOST TIRED AND DEJECTED AND MATERIALLY OVER-SATURATED AND ENCASED HEARTS TO A LEVEL AT WHICH THEY CAN FLY AND HOVER WITH MINIMAL EFFORT. Though it requires effort and LOOKING UPWARDS to acquire such a level, to enter such a vibration, it takes SO LITTLE to remain aloft, once you have discovered the SECRET OF RIDING THE DIVINE CURRENT.

It is so easy, meanwhile, to sink into other alternatives, to float in water, as the children in the swimming pool you observed, but this is temporary solace, a fleeting moment of weightlessness between two periods of gravity. To float passively in water may be of great relaxation benefit but it cannot compare to the grand elevation of the soul.

And we say to you: USE THE DIVINE CONNECTIVE CURRENT CONTINUALLY AT YOUR DISPOSAL. PUSH AWAY THE TRAPPINGS OF PASSIVITY AND REACH YOUR OPTIMUM ENERGETIC POTENTIAL. DO NOT SUSPEND YOURSELF IN A MINDLESS STUPOR BUT RISE AS AN EAGLE TO CONQUER THE SKY, TO FLY ON THE CONTINUOUS CURCULAR CIRCUIT OF SPIRITUAL EXSTACY.

# PLEA TO BURN AGENDAS

By Seraphin and Rosie

# 69 Jul 5, 2011

(IN FAVOUR OF THE INDIVIDUAL PATH OF SILENCE AND CONTEMPLATION)

R: Dearest Seraphin: I have realised that it is some time now since I have consulted my diary. I hardly ever do so. This is an astonishing fact when I look back and see how planned my life used to be. There was much “action” on the outside, and less “action” within, and now this is in reverse. Of course, I sometimes forget birthdays, for which I apologise. It is almost as if time is standing still, as if all plans are not mine any more but divine plans, as if there is ONLY internal action to take now until DIVINE PLANS manifest externally....

S: Yes, Dearest: external agendas have unfortunately taken precedence in many lives of your earth’s inhabitants. Some of you even fall into great anxiety if you lose your list of appointments, your address books, or if your computers break down and you cannot retrieve such information. Great agitation and frustration also arises when prescribed agendas, quotas, profit margins, examination results, expectations of all descriptions are not met, BECAUSE THIS FEELS LIKE FAILURE.

For many, it also feels like failure to spend a weekend by themselves, without invitations, without commitments, without parties, without events to talk about and boast about. The incredible hectic and forced activity on earth – much of which is meaningless temporary and unfulfilling distraction or fleeting pleasure of a destructive and squandering nature – is one of your overriding problems as it REDUCES THE TIME YOU HAVE AT YOUR DISPOSAL TO REFLECT ON THE DESPERATE NATURE OF YOUR SITUATION AND RECOGNISE THE FINAL STAGES OF SELF-ANNIHILATION ON THIS PLANET. We are sorry to have to present this in such harsh language, but harsh measures are in fact THE ONLY ONES WHICH ARE LEFT TO US, THE ONLY ONES WHICH LEAVE ANY IMPRESSION WHATSOEVER ON THE SOFTENED MINDS OF YOU, THE DISTRACTED MEMBERS OF A DECAYING WORLD.

OPEN YOUR EYES, WE PRAY YOU, AND DISCOVER THE ROOTS OF THE DEPRAVITY, THE CORRUPTION, THE WAR, WHICH YOU CONSIDER NORMAL. DO NOT DESCEND INTO YOUR COMFORT ZONES AT THIS CRITICAL STAGE AND PRETEND THAT THE WORLD IS A TERRIBLE PLACE AND THAT YOU ARE A VICTIM OF EVERYTHING ELSE, FOR THIS IS NOT SO. YOU AND YOU ALONE WILL DEFINE THE NEXT STEP, PUT OUT THE NEXT MARKER, DEFINE THE NEXT AGENDA.

And it would do well to follow this path ALONE, to investigate it in periods of adequate time when you are not running in competition with others to fit the bill, to push the profit, or to comply with a fixed idea or plan or view of yourselves.

In the coming times, ALL AGENDAS WILL BE THROWN OVERBOARD with everything else, and you will be thrown back upon your own creativity to create new strategies on how to keep afloat. Remember that you are all 100% responsible for your small and your large stories, your anger and your frustrations, and that you can change all this if you accept this responsibility.

Do not imagine that you can continue thoughtlessly on your present path of noise and restless activity. We ask you most urgently to STOP, whatever your supposed agenda, and to seek the path of silence and contemplation, reconsidering every aspect of your lives, for this will assist you in realigning yourself with the DIVINE AGENDA when this becomes YOUR REALITY.

# THE DIVINITY OF THE HUMAN DUSTBIN

By Seraphin and Rosie

# 70 Jul 19, 2011

R: Dearest Seraphin: it is a beautiful Summer evening, but for me – as a vegetarian – the atmosphere is ruined because I can smell the neighbours' barbecue, which saddens me greatly. Also, as I have had the words "divine dustbin" in my mind for the last few days, I suspect that this too may be part of this message.

S: Yes, Dearest, the way people on your earth continue to feed on dead animals while they could be fully aware of the devastating and dying effect which this has on their own cells, never ceases to amaze us who are of different body and of different mind, but this is only one of the methods you purposely use for self-annihilation. There are other slow ways, like other inappropriate substances introduced into the body, as well as inappropriate mind and soul food (which creates almost as much havoc) and there are quicker ways like multiple risk-taking, dangerous operations and use of weaponry and nuclear power in large-scale scenarios.

Not only do you treat your bodies as DUSTBINS, rejecting the miracles of yourselves, as well as the Divine Fragment which lives within, but you treat the whole earth as your backyard, conveniently stationing your refuse in places or countries where you will never again be confronted with it with your naked eye, BUT IT IS STILL THERE. Your body REGISTERS that dead flesh is passing through, your minds REGISTER that debilitating poisonous thought structures or habits are passing through, and THE DAMAGE IS DONE although you may have the impression that the momentary or temporary problem or indigestion or pile of rubbish, will disappear almost immediately.

And again I say: THE DAMAGE IS DONE AND CONTINUES AS WE SPEAK ON ALL LEVELS. While help may be forthcoming in the future, humankind must change its concept of the human body from being a dustbin to that of a DIVINELY SACRED VESSEL, IMBUED WITH STARTLING CAPABILITIES BEYOND YOUR PRESENT KNOWLEDGE, ONCE PURIFIED OF MENTAL AND PHYSICAL INFECTION.

Similarly, you will have to change your concept of your earth, which is not simply a fairground where you can push others way, scrambling for the fastest ride, or where you can cram the sweetest food into your mouths to obliterate the spiritual craving. And we say to you BE VIGILENT: EXAMINE EVERY CENTIMETRE OF THE EARTH YOU TREAD AND ASK YOURSELF IF THIS FEELS LIKE HOLY GROUND. EXAMINE EVERY PHYSICAL PART OF YOURSELF AND RECOGNISE THE MIRACLE OF EVERY CELL, AND REMEMBER THAT THE PURER THE CELLS, RESULTING FROM THE PURITY OF INTENTION, THE GREATER THE SPARK OF SACRED FIRE WITHIN YOU WHICH WILL HEIGHTEN THE INTENSITY AND JOY OF YOUR DAILY EXISTENCE:

EXTEND THIS RECOGNITION AND ATTENTION TO "ALL THAT IS" AROUND YOURSELF, for only then will continuous peace on a cleansed earth be sustainable. We encourage you to use your critical faculties, look beyond the desires of your stomachs, look beyond your back doors, ingesting only that which is truly beneficial and sustainable SO THAT NO DUSTBINS ARE NECESSARY. We are not advocating that you all become pillar saints who ate no food and who

had no bodily secretions, but we are advocating restraint and caution tempered by consideration for your own bodies and for others and – on another level – your own environment, the body of the earth, so that damage can be minimised, so that the imprint is divine rather than damaging and negligent producing requirement to correct.

In this we recommend ATTENTION TO DETAIL AND AT ALL TIMES, for the nets which will be spun are very finely meshed, and all impurities will have to be answered for, meaning that large, stubborn concentrations of impurities WILL NECESSARILY BE SWEPT AWAY. Heed our words we beseech you, as the day is darkening, and it will soon become clear who shines brightly and clearly, unsullied by thoughtless harmful habits, and who will succumb to the night. We bless you all as you pass through this experience to start in a new era, continuing to meet the challenges you have not yet mastered on your upward journey. We love you, Seraphin

# GIGANTIC STEPS: THE GLOBAL UPGRADE

By Seraphin and Rosie

# 71 Jul 25, 2011

R: Dearest Seraphin: I would like to ask you what we should focus on NOW. I have no particular question. The only thing which comes to mind as I write this is my recent experience having a footbath. I soaked my feet in hot water, then cold, then hot, then cold, and in the end, my feet were confused and could not distinguish between hot and cold ...

S: Indeed, Dearest, and this is where you find yourselves at this moment in time: outward circumstances are becoming increasingly grave and polarised, resulting in inner confusion. Your earth is on the move, opening up cracks and sink holes, in the oceans where you cannot observe and on land where this is all too obvious. These are simultaneously symbolic of cracks which are appearing in your relationships, in your structures, and specifically at the moment in the world of manipulated media.

Your own “underground volcanoes” – long-suppressed secrets with the potential for mass destruction – will start to poke their noses above water, revealing themselves, showing how they have been the unobserved pollutants of your SPIRITUAL WATERS, YOUR PHYSICAL BODIES AND YOUR MENTAL LANDSCAPES.

The media, like so much hot and cold water which has continuously been plunged into your minds in endless repetition, has NUMBED YOUR SENSES TO SUCH A DEGREE THAT YOU NO LONGER THINK OR PRACTICE DISCERNMENT: WE ADVOCATE CRITICAL APPRAISAL OF EVERYTHING, EVEN IF YOUR VIEWS SHOULD TURN OUT TO BE UNCHANGED, TO ACCUSTOM YOURSELVES TO THIS PROCESS WHICH WILL POSSIBLY BECOME YOUR LIFE SAVER, YOUR TOOL TO ENLIGHTENMENT AND YOUR COMFORTER IN DAYS OF DARKNESS WHEN YOU ARE FORCED – IN THE FACE OF REVELATIONS AND ATROCITIES – TO SEARCH FOR THE LIGHT AND THE TRUTH.

The truth will be both glorious and dreadful, Beloveds, when you discover it, and there will be great remorse and gnashing of teeth. You will ask yourselves: HOW COULD I NOT SEE? And this will turn into one of the greatest learning experiences of all time. Know that you, as a collective, are standing on the brink of this experience.

The pain can be alleviated by starting immediate investigation, in discovering for yourselves the diversity of opinions and information actually available concerning the world outside of your comfortable homes. But do not be numbed by this overload, pushing it away because of the next routine, the next timetabled event or appointment. Take it in small doses, if you desire, but make this a priority, NOT SOMETHING TO BE FITTED IN, because continued ignorance on your part will INCREASE THE HEIGHT FROM WHICH YOU FALL, INCREASE YOUR REMORSE AND DESPAIR, THUS DECREASING YOUR ABILITY TO SERVE.

For serve you will, sooner or later, in the understanding that you have an essential part to play in upgrading your society, and this begins with the quality of your thoughts and your capacity to judge what benefits your earth, and what does not. When everyone decides to exercise their minds and hearts in this manner, you will be taking a gigantic collective step towards harmonious

living as part of a co-creative global upgrade project.  
Seraphin through Rosie

R: Dearest Seraphin: I would like to ask you what we should focus on NOW. I have no particular question. The only thing which comes to mind as I write this is my recent experience having a footbath. I soaked my feet in hot water, then cold, then hot, then cold, and in the end, my feet were confused and could not distinguish between hot and cold ...

S: Indeed, Dearest, and this is where you find yourselves at this moment in time: outward circumstances are becoming increasingly grave and polarised, resulting in inner confusion. Your earth is on the move, opening up cracks and sink holes, in the oceans where you cannot observe and on land where this is all too obvious. These are simultaneously symbolic of cracks which are appearing in your relationships, in your structures, and specifically at the moment in the world of manipulated media.

Your own “underground volcanoes” – long-suppressed secrets with the potential for mass destruction – will start to poke their noses above water, revealing themselves, showing how they have been the unobserved pollutants of your SPIRITUAL WATERS, YOUR PHYSICAL BODIES AND YOUR MENTAL LANDSCAPES.

The media, like so much hot and cold water which has continuously been plunged into your minds in endless repetition, has NUMBED YOUR SENSES TO SUCH A DEGREE THAT YOU NO LONGER THINK OR PRACTICE DISCERNMENT: WE ADVOCATE CRITICAL APPRAISAL OF EVERYTHING, EVEN IF YOUR VIEWS SHOULD TURN OUT TO BE UNCHANGED, TO ACCUSTOM YOURSELVES TO THIS PROCESS WHICH WILL POSSIBLY BECOME YOUR LIFE SAVER, YOUR TOOL TO ENLIGHTENMENT AND YOUR COMFORTER IN DAYS OF DARKNESS WHEN YOU ARE FORCED – IN THE FACE OF REVELATIONS AND ATROCITIES – TO SEARCH FOR THE LIGHT AND THE TRUTH.

The truth will be both glorious and dreadful, Beloveds, when you discover it, and there will be great remorse and gnashing of teeth. You will ask yourselves: HOW COULD I NOT SEE? And this will turn into one of the greatest learning experiences of all time. Know that you, as a collective, are standing on the brink of this experience.

The pain can be alleviated by starting immediate investigation, in discovering for yourselves the diversity of opinions and information actually available concerning the world outside of your comfortable homes. But do not be numbed by this overload, pushing it away because of the next routine, the next timetabled event or appointment. Take it in small doses, if you desire, but make this a priority, NOT SOMETHING TO BE FITTED IN, because continued ignorance on your part will INCREASE THE HEIGHT FROM WHICH YOU FALL, INCREASE YOUR REMORSE AND DESPAIR, THUS DECREASING YOUR ABILITY TO SERVE.

For serve you will, sooner or later, in the understanding that you have an essential part to play in upgrading your society, and this begins with the quality of your thoughts and your capacity to judge what benefits your earth, and what does not. When everyone decides to exercise their minds and hearts in this manner, you will be taking a gigantic collective step towards harmonious living as part of a co-creative global upgrade project.

# DARING TO EMERGE

By Seraphin and Rosie

# 72 Jul 29, 2011

R: Dearest Seraphin: I am feeling a bit uneasy, and there is that strange itch in my fourth finger which tells me that you have something to relate ...

S: Yes, Dearest, actually there is always something to relate, the only question remaining being WHO IS WILLING TO BE THE MESSENGER, WHO WILL DARE TO TAKE UP THEIR PEN, WHO WILL DARE TO SPREAD THE WORD. For messages there are, and everything has indeed been said, again and again. And again the messages are greeted with apathy and disinterest.

Our interest is in seeing you take concrete action, as the celestial world is now seeing itself forced to take concrete action, continuing a role which it hoped YOU ON EARTH WOULD INITIATE YOURSELVES. In this we are disappointed, from this we will learn, as this is also our learning process in our universe careers. We are all on a learning curve, on a ladder to more refined spheres, ever more sensitive to the desires and requirements of Source, our behaviour ever more in tune with the will and decree of Source.

If we may reiterate our longing to assist you, this is verily the time when you will FEEL our presence. We know that this scribe is personally worried about naming specifics here, but know that we are near you and will rise with an immediacy and suddenness which will astonish and amaze. In this we warn you, admonishing you to take precautions as always, and attending as always to your mental and spiritual health whatever the situation. With love and appreciation that you find yourselves in a very difficult situation, Seraphin.

Meditation Report 16, 29th July 2011

I suddenly saw a large house, very tall with many storeys, but still old-fashioned looking. It was full of wolves laughing, full of bravado, hanging out of the windows. Inside was a throne room and banquet hall, and other rooms where obscene scenes and rituals were taking place behind closed doors.

In spite of all this there was a bauble of very strong light situated right on top of the roof, as if the divine Source was observing and monitoring all this from an upper standpoint. The light flashed on and off like the warning light of an ambulance, as if on red alert and waiting for the right moment to strike.

And strike it did, like lightening from heaven, and it pierced through the house, a continuous and concentrated beam of light from the sky, which pierced through the central core of the house of depravity and corruption. The beam started to turn, slowly at first, as the "dark" and heavy atmosphere in the house made it very difficult. As it got up speed it widened and threw out everything which came into its path, like a gyrating tornado. This felt like a very very difficult cleansing process, but one which was unstoppable once it got underway.

# VOLUNTARY PRISONS AND INFINITE SPACE

By Seraphin and Rosie

# 73 Aug 9, 2011

R: Dearest Seraphin: I feel you wish to make some comments on proximity and space in the present context of our planet's history. Regarding proximity, compassion is a way to approach a person, trying to feel what they are feeling, trying to enter their shoes. During my meditations, this has gone one step further, BEING a person or a country which is suffering, feeling and investigating the pain and working on that. Another method I have used has been describing and painting the transformation of "global villagers" who represent the global population. Perhaps these villagers are me, or were me in past life-times. What effect does this sort of work have? What are the boundaries?

\*

S: Boundaries, Dearest, are a product of minds which – out of fear or ignorance or complacency – have put themselves in a VOLUNTARY PRISON. The shape and size and conditions of the prison are ENTIRELY OF YOUR OWN CHOOSING AND CAN BE CHANGED OR EXTENDED OR ERRADICATED WHENEVER YOU DETERMINE TO DO SO.

\*

We are sometimes amazed to see you little ones "caught" in prison-like situations, running hither and thither, worrying about all outcomes and effects and possibilities, when all it takes is a clear head and ONE CLEAR CONCRETE DECISION TO CHANGE DIRECTION. And when you have done that, you look back in retrospect and wonder WHY YOU DID NOT DO THAT EARLIER, FOR THAT WHICH SEEMED TO BE AN INSURMOUNTABLE MOUNTAIN NOW SEEMS TO BE A VERY SMALL HILL INDEED.

\*

Looking up in awe at such mountains, at the sheer rock face, fully visualising the difficulty of the climb, the footholds which could so easily crumble, and the heights from which you could so easily fall, blinds you to the fact that there may well be an easy gentle path to the top, just round the corner, if only you will look.

\*

Moving into a different SPACE, a different perspective, talking to a different person, creatively selecting a different route, all these may help you to MOVE instead of being stuck, of being rooted to the spot, preferring to stagnate rather than take the decision to go on. And at this time, the majority of the population on this planet are in FULL MENTAL STAGNATION, thus finding themselves imprisoned by those with EXTREME MENTAL AGILITY, those who are also extremely well-versed in methods of instilling fear to their advantage.

\*

The unpleasant boundaries you anticipate – including the most feared of all called DEATH – DO NOT EXIST OTHER THAN IN YOUR MINDS. STRIVE FOR ABSOLUTE CLARITY IN THIS: IF EVERYONE TOOK BUT ONE STEP FORWARD TO FREEING THEMSELVES OF THE SHACKLES IMPOSED UPON THEM (AND WILLINGLY ACCEPTED), THE PLANET WOULD BE BETTER ABLE TO BREAK OUT OF HER PRESENT DESECRATION, FOR YOU ARE LINKED.

\*

Because the planet has suffered for so long, without breaking out, it is now her turn to move through the door, which is always open.

\*

You ask: What are the boundaries? You are all an inextricable part of the earth: you share the

same breath and heartbeat. Similarly you are all part of everyone else, in all space and time. Your inability to address problems of all natures translates into problems on other planes. It diffuses into other dimensions, filtering down into the past and polluting the future. NOTHING REMAINS UNAFFECTED. YOU ARE CONSTANTLY CARRYING YOUR EXPERIENCE INTO OTHER SPACES, DEMONSTRATING AND PROMULGATING YOUR MODE OF BEHAVIOUR, WHAT EVER YOU MAY CHOOSE THAT BEHAVIOUR MAY BE.

\*

And we say: BE CONSTANTLY AWARE THAT YOU HAVE THAT CHOICE, THAT YOUR EVERY THOUGHT WILL HOVER – LIKE A BUTTERFLY, A BAT OR A MOSQUITO – UNTIL IT FINDS ITS MANY MULTI-DIMENSIONAL LANDING PLACES. The only question remaining, then, is whether your thoughts bear the intention to beautify like the butterfly, to instil fear like a vampire bat, or sting like a mosquito. Do you bear the intention to destroy and humiliate, or to support and enhance? Are your thoughts sent with a kiss or a curse? In accordance with your intention, they will inevitably colour your world for better or worse.

\*

In this sense, SPACE DOES NOT EXIST, and all there is for anyone and anything is the verb TO BE, for all are one and there are no spaces in between. And we say EXPERIMENT with this. BE another person, country or planet and sense which part of your new body now requires healing, requires loving attention, requires a second look, requires closure, and know that the changes you initiate will affect another plane. BE a new and different version of you, trying on the clothes or skin or planetary crust of another. Extend your awareness and heal a part of yourself by healing a part of another.

\*

Do you see where this is heading? You are the drop of water in a polluted ocean. You are a genetically manipulated seed planted in a field doused with artificial fertiliser. You are a small tender plant strangled by rampant weeds. You are a million stars in a far-flung galaxy. If you can take on these roles, you will ask WHY and search for solutions. If you are in polluted water, you will seek METHODS OF PURIFICATION, if you are a genetically manipulated seed, you will seek METHODS TO REVERSE ADVERSE PROGRAMING, if you are planted in contaminated soil, you will seek METHODS TO REGNERATE NATURALLY, and if strangled by weeds you will seek METHODS OF CLEARING THE MENTAL JUNGLE. And if you are a million stars, you will be encouraged to LIVE YOUR INFINITE POTENTIAL AND SPREAD ETHEREAL LIGHT.

\*

We want to tell you that there is so much more than the little worlds in which you proudly wander, worlds which you have constructed so carefully for yourselves, worlds in which you have severely limited yourselves for fear of failing. But these small rooms in which you stride so confidently are nothing compared with the boundless expanses of the universe. Of these you are largely ignorant. EXPAND YOURSELVES, little ones, and harbour the knowledge that you are much much more than what you presently perceive. Then you will gradually be able to realise that there is NO SPACE between you and the furthestmost star, no pain which is not your pain, no joy which is not your joy, and no DIVINITY which is not yourself.

# NOISE OR CREATING A SOCIETY OF GENTLE BLISS

By Seraphin and Rosie

# 74 Aug 17, 2011

R: Dearest Seraphin: I have just spent a whole day in a coastal Italian town in the middle of the holiday season, and indeed none the “normal” holiday components are lacking. We have sun and sea and cafés and shops. I am not always relaxed, however. It seems I can no longer stand this constant level of noise and bustle: every square metre of the beach seems to be occupied, every few metres in the shopping precincts sprouts a new loudspeaker playing music, and most of the cafés border on streets busy with cars and roaring mopeds. Even answering a call on a mobile phone causes stress in that I have to strain to hear the caller and also have to raise my voice to get a message through ....

\*

S: Yes, Dearest, noise pollution is one of the main corrosive elements of your society: it corrodes your hearing, your ability to be aware, to be selective of quality, because everything merges in the same “background”. Indeed, the “background” you are accustomed to, like the noises you are conditioned to hearing and the advertising you are conditioned to see ARE THE CANVAS ON WHICH YOU PAINT YOUR LIVES, LITTLE SUSPECTING THAT IT IS POSSIBLE TO PUT THIS CANVAS ASIDE AND WALK AN ENTIRELY DIFFERENT LANDSCAPE.

\*

You are accustomed to cause and effect in the form of noise and movement. Earlier on, you observed a group of small children descending on a flock of pigeons, running and screaming so loud that the birds flew off immediately. The children were experiencing themselves as actors on a stage in which movement of their limbs and vocal chords is paramount. But you can move off this stage. In your world, much is made of your outward movements (and your outward appearance), and the “normal” way of attracting attention is to compete with one another to see who can produce the loudest scream, who rides the fastest and loudest motorbike, or plays the loudest music. And the more background there is, and the more competition is played out, the more effort is required.

\*

And we say REFLECT IN STILLNESS. Note that only a few words, if softly spoken and well chosen in wisdom, can move mountains. Note that a smile or a gesture of the hand or sincere attentive listening will serve yourself and your fellows better than a thousand trumpets. For the time is coming where many will FALL SILENT, will realise that their ignorant, empty, inappropriate and profoundly misleading statements and speeches ARE OF NO CONSEQUENCE, THAT THEY ARE MISPLACED, THAT THEY BELONG TO AN ERA OF GROSS DECEPTION WHICH HAS NOW ENDED.

\*

No power will be able to put back the verity into these speeches, into these lives bereft of Godly intent and service, into these loud exclamations which have turned into empty shells. LEARN TO DISCERN IN QUIET CONTEMPLATION, AVOIDING THE CROWDS OF CACAPHONOUS TUMULT, FOR IN THE PLURALITY OF VOICES YOU WILL NOT HEAR THE SINGLE NOTE OF TRUTH, THE DIVINE WORD WHICH UNDERWRITES THE WORKINGS OF THE UNIVERSE, the sweet and simple song which can rescue you from the mire of numbing noise which smothers your souls and your sensibilities.

\*

Slowly draw the golden thread of truth from the densely woven mesh of lies, search arduously for the fleeting expression of highest quality in an arena of loud ego-driven splutterings, and nurture

the tiny sprouting grains of potential among the cess-pits of sloath and greed.

\*

We urge to reconsider whether you wish to further contribute to the insidious web of loud confusion, expanding and competing for a secure position in this insanity, or whether you intend to retract and rebuild a society of serene gentleness and quiet bliss.

# Finding The End

By Seraphin and Rosie

# 75 Aug 24, 2011

R: Dearest Seraphin: I woke up this morning with the words FINDING THE END circling around in my head. This was the only instruction our wonderful dancing teacher gave to our group before we launched into a ten-minute improvised performance, although the quality of the finding process was not to be forgotten. There was no choreography. I sense that you wish to comment on this. In addition to these words in my head, I can physically hear a door banging in a draught and a river flowing in the distance ...

\*

S: Yes, Dearest: the emphasis here is on the searching process, not on the END itself, for an end is a millisecond which itself ends, thus beginning a new performance, beginning a new experience, or in your case on this planet at the present time, beginning A NEW ERA.

\*

A door may close (and you may experience massive and very sudden closure in the sense of dissolution of habitual mental, physical and spiritual landscapes), but with the next forceful gust of wind, or with the next gentle turning of the doorknob by a timid hand, you can be sure that it will REOPEN and that MOVEMENT is possible. The hinges may creak, but there is always a river flowing WHERE STAGNATION WILL BE RELEGATED TO THE PAST.

\*

The stagnation in your society (which greatly lacks the improvisation tools advocated by your dancing teacher) has reached such turgidity that only major waves of discontent, major releases of pressure or major outbursts of anger from the oppressed (or those who have willingly subjected themselves to oppression) will have any visible effect. They merely scratch the surface.

\*

The ripples caused by your nuclear fallout, however, by your lack of responsibility and awareness, by your low spiritual vibrations, by your corruption and war-mongering, have penetrated beyond the boundaries of earth and negatively affected your neighbours. Therefore, MAJOR INTERVENTION is required from the other as yet unseen members of your galaxy. Once this has been initiated, nothing will be able to stop it from spreading.

\*

THE DOORS OF YOUR MINDS WILL FLY OPEN: you will realise at once that you have neglected your QUALITY OF MOVEMENT by focussing exclusively on the END, that you have created a noisy, complex, manipulative, selfish, cruel and soulless existence devoted to the search for power, money and influence. For many centuries and longer, you have been FINDING THE END in this way, but you have not found an end to the chaos, so this has to be found for you.

\*

Though our words are harsh we love you for your journey, for your darkness which has propelled you towards the light, and we recognise your great potential for creative and positive behaviour once you may TRULY SEE YOUR VERY OWN PERSONAL CONTRIBUTION TO THE LACK OF HARMONIOUS COORDINATION ON THIS PLANET, AND COME INTO THE KNOWLEDGE AND JOY OF YOUR VERY OWN PERSONAL CONTRIBUTION TO ITS FUTURE MAJOR TRANSFORMATION.

We love you, Seraphin.

<http://abundanthope.net/pages/Rosie/Finding-The-End.shtml>

\*\*\*\*\*

This piece is under copyright protection of <http://www.abundanthope.net> It may be placed anywhere on the web as long as it is not changed in anyway and a link placed back to this site. It is preferred you place the entire piece, and if not possible to do so, please note that the rest of it can be found at the link. Thankyou, Candace.

# BUTTERFLIES AND STORMS BEYOND THE TEA-CUP

By Seraphin and Rosie

# 76 Sep 12, 2011

R: Dearest Seraphin, I woke up yesterday hearing these words in my head “ it is not just a storm in a tea-cup”. My next thought was that the flapping of a butterfly’s wings in Brazil can cause a storm in Singapore (the “butterfly” effect) – the inspiration for my most recent painting THE IMPACT OF WINGS. I feel that you would like to comment on this?

\*

S: Yes, Dearest, here we are talking about the combined MAJOR IMPACT of all things which are IMMENSELY SMALL. I use these conflicting adjectives on purpose for dramatic effect. The “storm in a tea-cup” phrase uses the same strategy. Storms can be – and are being – of intense, uncompromising and unexpected strength. You can see them occurring in your world at the moment. But still it is your tendency as a collective to view such phenomena as contained and separate from yourselves inside a harmless and distant tea-cup.

\*

What storms are brewing inside YOU, what winds are whipping up at terrible uncontrollable and unpredictable speeds, what waves threaten to lash out on areas or people who are unprepared for such an onslaught? And what is the nature of the vessel which contains these storms? They are bottled up, but there is only so much pressure which frail walls can take. One more blast of wind and myriad personal, social, political or geological “tea-cups” will shatter with great violence.

\*

So we say INVESTIGATE THE SOURCES OF THE VIOLENCE IN YOURSELVES, in every word, in every breath. Determine whether they are heaped up residue from tea-cups already long shattered but not cleared out of your emotional cupboard. And determine on a personal level whether the violence of extreme feelings (or the violence of explosive events in your world) are really justified in relation to the immediate external causes, or whether this is a consequence of long-term suppression.<br>

\*

Recognise also that the external physical manifestations on your earth – especially the “mistakes”, the “tragedies”, “famines” and “natural calamities” are more often than not the result of the naïve hand of man through thoughtless decisions, lack of action, unnecessary risk-taking or deliberate ill intent.

\*

We have said this before that there is always an IMPACT of whatever YOU CHOOSE to do or say. You cannot overturn a stone without an impact. You cannot hold your tongue about some small seemingly insignificant issue without having an impact. And you cannot avoid having an impact by AVOIDING THOUGHT, AVOIDING ACTION, AVOIDING RESPONSIBILITY.

\*

The time has come when the FULL CONSEQUENCES of your collective thoughts and actions during the last centuries are COMING TO A HEAD AND WILL BE SEEN IN ALL THEIR DEVASTATING BUT VERY INSTRUCTIVE CLARITY. For instructed you shall be by these revelations, the knowledge that the structures and thought forms you have invented HAVE NO SOLIDITY, WERE BUILT ON SAND, WERE PART OF A GRAND ILLUSION.

\*

With this will come assessment of the QUALITY OF YOUR FLIGHT. You will realise that the impact of your wings is A POWERFUL AND PERMANENT ENGRAVING IN THE STORY OF

-- AH- Rosie #2 -- page. 32

YOUR LIFE. With intimate awareness of the influence exerted by your wings, combined with the awful knowledge of the consequences of feeble, uninformed and directionless flapping without positive Godly intent, YOU WILL SOAR INTO NEW DIMENSIONS AND BECOME THE DIVINE BUTTERFLIES YOU WERE MEANT TO BE.

\*

<http://abundanthope.net/pages/Rosie/BUTTERFLIES-AND-STORMS-BEYOND-THE-TEA-CUP.shtml>

This piece is under copyright protection of <http://www.abundanthope.net> It may be placed anywhere on the web as long as it is not changed in anyway and a link placed back to this site. It is preferred you place the entire piece, and if not possible to do so, you must note that the rest of it can be found at the link. Thankyou, Candace.

# RISE LIKE THE GRASS

By Seraphin and Rosie

# 77 Sep 12, 2011

R: Dearest Seraphin: I have been observing the extraordinary resilience of grass, watching how it starts to bend upright again after I have trodden on it. It does this almost immediately, in jerky twitching movements ...

\*

S: Yes, Dearest. Like all natural movements, the grass immediately searches out the quickest possibility to rebalance, to return to the status quo. This is an element of all natural processes – redressing imbalance.

\*

In nature, this occurs straight away, without tortured contemplation of why or wherefore or wouldn't it be better if I didn't. It occurs without apathy or boredom or remorse, without prolonged discussion or debate. Redressing the imbalance in your world, which is a reflection of the imbalance in your minds and hearts, is hindered by distractions, deliberations, fear and malicious intent.

\*

To run and embrace a person who is crying, or to help a person or family or planet in distress, is a natural normal instinct which has been distorted because so much happens “inbetween” the first impulse and the implementation of that impulse.

\*

These are either negative mental processes of the kind I have mentioned, hindering warmth of heart, but hindrances are also caused by THE ELEMENT OF DANGER. Running to nurture the needs of a planet where so much dangerous potential festers, in the form of nuclear and similar weapons against the body and mind, poses a very serious threat to potential helpers on a physical level, by conscious or unconscious negligence, and by intent to harm.

\*

It is unwise to blindly embrace a tarantula, especially a blind tarantula who is impervious to “natural” loving inclinations and who is capable of interpreting these to be the exact opposite. They trample on, crushing everything and everyone in their wake.

\*

AND YET, THE GRASS RISES AGAIN. This is what you call a GRASS ROOTS MOVEMENT: A DEEP, WIDESPREAD, OMNIPRESENT UNDERGROUND CURRENT CAPABLE OF OFFERING RESISTANCE. And we say BE THIS RESISTANCE, not in the sense of entering into conflict but in your life choices, increasing your awareness, by holding onto principles, by approaching even these with a critical eye, assessing whether they can hold their own in the LIGHT OF ABSOLUTE PURITY AND HONESTY.

\*

If you lie down on the grass, and then get up and sit next to it (as you yourself have done), you can survey the whole patch and see that the resurrection of the grass does not happen all at once. Your eye, as it watches the scene, is drawn here and there by the sudden movement of a single blade. This is a symbol of the SUDDEN REAWAKENING ON THE GRASSY FACE OF THE EARTH. This starts with a few individuals, spreading until all are UPRIGHT AND IN FULL SIGHT.

\*

Know that you are part of this process – with every step – ESPECIALLY WITH EVERY EXTRAORDINARY STEP which you may decide to take. THE MORE YOU RAISE YOUR GRASSY HEAD, THE MORE YOU WILL BE COMFORTED BY THE VIEW OF OTHERS IN

ALIGNMENT WITH YOUR STATURE, WHO HAVE REACHED THE SAME HEIGHT. THIS IS WHY WE ENCOURAGE YOU TO RAISE YOUR HEAD, YOUR EXPECTATIONS, YOUR AWARENESS, YOUR VIBRATIONS, YOUR POSITIVE INTENT, AS HIGH AS POSSIBLE TO SYNERGISE WITH OTHERS WHO ARE GROWING AT A SIMILAR RATE.

\*

THUS YOU WILL ALL, OVER TIME, REACH THE LEVEL OF CONTINUOUS AND CONSTANT LOVING VIGILIENCE, AS AN EXAMPLE FOR ALL, FOR THE BENEFIT OF ALL.

\*

YOU ARE THE PRECURSORS OF AN UPRIGHT SOCIETY RESPONDING IMMEDIATELY AND IN SOLIDARITY TO ALL OUTWARD STIMULI WITH THE AIM OF FACILITATING LIFE ON A PEACEFUL AND PROSPEROUS PLANET.

<http://abundanthope.net/pages/Rosie/RISE-LIKE-THE-GRASS.shtml>

This piece is under copyright protection of <http://www.abundanthope.net> It may be placed anywhere on the web as long as it is not changed in anyway and a link placed back to this site. It is preferred you place the entire piece, and if not possible to do so, you must note that the rest of it can be found at the link. Thankyou, Candace.

# THE SEAMLESS CIRCLE

By Seraphin and Rosie

# 78 Sep 24, 2011

R: Dearest Seraphin: in meditation I saw a vision of our earth as a young girl who woke up from a long sleep and started to play with a hoop, twirling it around and going through it, twisting it so that it spun on a pivot, and throwing it like a boomerang ...

\*

S: Yes, Dearest: the circle has always been the symbol of continuity. Even in times where the degree of UNAWAKENING and DROWSINESS is extreme, the cycle must be concluded, and the cycle will continue anew. You do not need to set a date for this, Beloveds. You do not need to anticipate or forewarn in the sense that this is happening NOW AND ALWAYS, the only question remaining: IS YOUR EYE UPON IT, ARE YOU PLAYING INVENTIVELY, OR ARE YOU ASLEEP?

\*

For each moment moves seamlessly into the next, each step is part of the walk, and each thought is part of a transformation. While there are heavenly time sequences in place, which require attention, these are beyond your capacity to understand, and so you need no special dates or numbers or end-of-the-world deadlines.

\*

Whatever wall you come up against, it is but a short interlude (like the neighbour disturbing you at this exact moment) before the CYCLE CONTINUES, seemingly seamlessly. We would therefore ask you to disregard projected time schedules in favour of concentrating on the everlasting and continuous circle of growth, for what will come to pass will come to pass whether anticipated or not.

\*

We pray you to be vigilant, for extended periods of SLEEP and NON-MOVEMENT exert particular pressure on your particular cycle. These will interrupt and disrupt and DELAY YOUR SOUL MOVEMENT TOWARDS DIVINE SERVICE AND HAPPINESS. SLEEP can be used for refreshment and invigoration, yes, but should not be the result of self-indulgence, complacency and indifference.

\*

Your small cycle is part of a much larger one – AGAIN – BEYOND THE SCOPE OF YOUR PRESENT PERCEPTIONS – but this is your challenge: TO FIND YOUR OWN UNIQUE PLACE, USING YOUR OWN UNIQUE QUALITIES AND GIFTS, AS ONE OF MANY COG-WHEELS FUELLING A DIVINE CIRCULAR MOTION, BRINGING TRANSFORMATION AND COMPLETION, AGAIN AND AGAIN AND AGAIN.

\*

BE THESE WHEELS, and be happy in the satisfaction of knowing that you can turn the wheel of transformation rapidly if it is perfectly oiled, perfectly tuned and perfectly guided by the Godly spirit within. We look forward to the great and glorious changes and the new beginnings which you initiate into eternity. AND SO YOU END WHERE YOU BEGAN: THE DIVINITY WHICH SPARKS OF ETERNAL MOTION.

\*

<http://abundanthope.net/pages/Rosie/Message-72-THE-SEAMLESS-CIRCLE.shtml>

This piece is under copyright protection of <http://www.abundanthope.net> It may be placed anywhere on the web as long as it is not changed in anyway and a link placed back to this site. It is preferred you place the entire piece, and if not possible to do so, you must note that the rest of it can be found at the link. Thankyou, Candace.

# MOVING TO THE ROOM OF REQUIREMENT

By Seraphin and Rosie

# 79 Oct 5, 2011

R: Dearest Seraphin; as I was having a rest in the hammock I heard the words “room of requirement” in my head, and I was reminded of the room in the Harry Potter novel which turned into whatever was required, according to the needs of the students who searched it out – a place to meet, talk in private, to hide, to practise skills and so on ...

\*

S: Yes, Dearest, this is what you will also be facing and experiencing – a transfer to your own ROOM OF REQUIREMENT. This will not, however, be the room where you find fulfilment of your desires on a material level. It is much deeper and more complex in nature. This will be the room WHERE YOUR SOUL REQUIRES YOU TO BE at this stage in your development. This follows close assessment of your progress on the spiritual path, for you are all progressing, albeit at different rates, and in fact the ROOM which will suddenly appear in front of you will be PERFECT in design and intention, suiting your soul needs EXACTLY.

\*

While this is a special ROOM OF REQUIREMENT, marking the end of an era, you have in fact ALWAYS been moving from one space to the next, from one experience to the next, from one life to the next. Leaving one room and opening the door to another has been YOUR OWN DECISION, taken individually. Yet this present progression to a new room is different in that it synchronises with everyone else on this earth.

\*

You are walking collectively into a huge lecture room with many seats, a big blackboard and a plethora of celestial teachers. Some students of life will listen to the lecture with humble acceptance and exit through the door labeled LESSONS LEARNED. Others will retreat in shock and attempt to return through the door they came. Yet others will scream at the lecturers and will be forcibly removed. Yet others will cry with remorse or faint and will require resuscitation and assistance in an adjoining room, rejoining their fellow travellers in the lecture hall when they have recovered enough to take it all in.

\*

The lecture will clearly elucidate the Laws of Creation, state their validity and illustrate their violation. This will cause a great stir, for they are a far cry from your man-made constructs which fail to promote harmonious living and are not based on spiritual values. You will be astounded to see how these apply not only to your small wayward planet but to the whole universe.

\*

On this larger scale, it is time, now, to see beyond the perimeters of your present ROOM which is your planet, to leave behind the past spent within these walls and to distance yourselves from the structures which have been imposed by you and others on your society. We do not wish to stress your ignorance but we must emphasize the HUGE MENTAL STEPS OF ADJUSTMENT which you will be required to make.

\*

And we say: THIS IS A UNIQUE AND GLORIOUS OPPORTUNITY. SEARCH YOUR SOULS FOR THE PUREST LOVING INTENTIONS AND ASK HOW THEY CAN FIND EXPRESSION AND HOW YOU CAN PRACTICE YOUR SKILLS IN THE NEW WORLD WHICH IS COMING TO GREET YOU.

We love you, Seraphin  
\*

*From Gil on the forum: Thanks Rosie and Seraphim,*

*This room of requirement seems to be the caterpillar's cocoon.  
The text in quote is very important because one cannot become a butterfly if one remains with the caterpillar's personality and all it implies.*

*The ultimate detachment is the letting go of yourself (personality) the you as you know it.*

*If you want to find this room just put your conscience in your heart and be still.*

*Namaste  
Gil*

Poem by Rosie:

Inspired by Gil's cocoon image and the fact that it rhymes with "room", I was strumming on the guitar last night and came up with this:

Into the room  
Follow the cue  
Out of cocoon  
Into the new

Nobody's lost  
Just taking time  
Some holding on  
Some crossed the line

Some slide and fall  
Some come apart  
Some give their all  
Some give their heart

Some turn away  
Some create day  
Some want to play  
Some kneel and pray

Nobody's lost  
All find the truth  
Look for the room  
Into the new

\*\*\*\*\*

<http://abundanthope.net/pages/Rosie/Message-73-MOVING-TO-THE-ROOM-OF-REQUIREMENT.shtml>

This piece is under copyright protection of <http://www.abundanthope.net> It may be placed anywhere on the web as long as it is not changed in anyway and a link placed back to this site. It

is preferred you place the entire piece, and if not possible to do so, you must note that the rest of it can be found at the link. Thankyou, Candace.

# LIFE AND DEATH ON YOUR FRONT DOOR

By Seraphin through Rosie

# 80 Oct 11, 2011

S: Your present reality is becoming more and more like a dream the more you investigate other worlds, which are just as real, and which you are in the process of discovering.

Like yesterday. You think everything is all calm in your garden, and then suddenly you are shocked by hundreds of bees. By removing a bench from your garden hut, you simultaneously ripped a beehive off the walls, which had attached itself to both. Such teeming life, such intricate construction work, such clearly co-ordinated processes of nurturing new birth, as it was and still is happening inside this honeycomb.

This burst open TO SHOW YOU WHAT YOU NEVER KNEW OR SUSPECTED: LIFE AND DEATH AT YOUR FRONT DOOR. All aspects of "reality" are mirrors of yourself. As you move into new areas of spiritual reality this will become more and more "real" to you, just as if you discover a beehive and watch it for a long time, as you did, the lives of this bee community will become more "real".

The keyword here is integration, whether the worlds you encounter are physical, spiritual or virtual. They are all part of you and your experience and they are the result of where you have chosen to place your focus.

<http://abundanthope.net/pages/Rosie/Message-LIFE-AND-DEATH-ON-YOUR-FRONT-DOOR.shtml>

This piece is under copyright protection of <http://www.abundanthope.net> It may be placed anywhere on the web as long as it is not changed in anyway and a link placed back to this site. It is preferred you place the entire piece, and if not possible to do so, you must note that the rest of it can be found at the link. Thankyou, Candace.

# SACRED COWS AND SACRED STANDBY

By Rosie

# 81 Oct 12, 2011

Seraphin through Rosie

R: Dearest Seraphin: here I am at 4.00 am wondering why I am awake and wondering why the words SACRED COWS and STANDBY are running around in my mind. I suspect you have put them there for some reason which you will reveal ...

S: Yes, Dearest, you ask for clarification, and this is one of the most important aspects of your present global situation to date. ASK FOR CLARIFICATION BEFORE IT IS TOO LATE, BEFORE THE AWFUL TRUTH STARES YOU BLATANTLY IN THE FACE: PROOF OF GROSS NEGLIGENCE AND CORRUPTION ON A HUGE SCALE.

# WIND DOWN AND STOP

By Seraphin through Rosie

# 82 Oct 26, 2011

R: Dearest Seraphin; apart from feeling tense, as if I am carrying the whole world around in my head, the image of a bus keeps returning to me. I journeyed on such a bus recently. It was split in two halves, joined by a flexible middle part so that it could turn tight corners more easily ...

S: Yes, Dearest, and so it is that everyone chooses their own method of transport TO TRAVEL FORWARD ON THE SPIRITUAL ROAD. Many still believe, of course, that the journey is purely physical, that the tarmac under their feet is the only thing they can feel, that the presence of wrinkles on their faces indicates progression on that journey. But we say that all that is secondary, and that wisdom is not acquired purely by moving forward at breakneck speed, but also by stopping, taking detours, covering certain stretches twice with increased awareness the second time around.

Your body is not travelling on a bus; it is your mind which is travelling, giving its attention to what is happening – or what it can recognise – through one specific window. You may travel exactly the same route, in exactly the same bus (in exactly the same body, so to speak) BUT VIEWED FROM A DIFFERENT WINDOW, your experience (which is always a learning experience) WILL BE DIFFERENT.

At the beginning of your incarnation you choose which “encasing” to inhabit, from which you will view your experience. This may be a “bus” of the nature you describe – a large rumbling body with a central pivot, suitable for taking much “on board”, but still capable of negotiating tight corners and situations, although it is not quite designed for this purpose originally. It adapts to circumstances. Or you may choose the form of a sports car – fast and sleek and limited room for company. Or you may choose a bicycle – self-powered, alone, independent, with a very moderate pace.

BUT WHATEVER VEHICLE YOU CHOSE, WHETHER YOU ARE WALKING OR TRAVELLING ON THE FASTEST JET, YOUR POWERS OF PERCEPTION ARE PARAMOUNT. YOUR VIEW DEPENDS ON YOUR ABILITY TO PERCEIVE, WITH THE TOOLS AT YOUR DISPOSAL.

The phenomenon you call DEATH is merely a bus-stop. You get out of the bus and decide which vehicle to take next. You may wish to take a rest at the roadside first, before continuing, in order to digest and fully understand the experience of the last ride before launching into a new one.

This FULL COMPREHENSION and FULL DIGESTION is what is lacking HERE AND NOW on your planet WITHIN YOUR PRESENT LIVES. One appointment, one stint of “work”, one invitation, one dose of “entertainment” follows the next in closer and closer sequence, until all other alternatives are greeted with the panicky statement I JUST HAVEN'T GOT THE TIME. When the volcanoes roar, when the seas are agitated, when commodities are scarce, when chaos spreads due to financial insecurities, will you still be saying that you have “no time” to check out what is going on beyond the rim of your restricted lives? The irony of this is that once the chaos materialises, YOU WILL HAVE ALL THE TIME IN THE WORLD TO CONTEMPLATE HOW THIS CAME ABOUT.

And we ask you to consider WHAT IS REALLY GOING ON HERE? RETURN TO THE VERY ROOTS OF YOUR BEING, TO YOUR INNER SANCTITY, TO REGAIN AN INSIGHT INTO YOUR REAL NEEDS, YOUR REAL GOALS, YOUR REAL JOYS, instead of accepting the conveniently offered entertainments and solutions and role models offered by your perverse society. It is time to GROW GROW GROW in accordance with your own DIVINE IMPRINT. DO NOT LET YOURSELVES BE COERCED INTO COMPLIANCE AND COMPROMISE, for your combined efforts will bring the next bus-stop nearer, and then a SUDDEN JOLT WILL FORCE EVERYTHING – INCLUDING YOUR EARTH – TO WIND DOWN AND STOP. For if this were to continue, you would be throwing yourselves into self-destruction, and this, Beloveds, YOU WILL TURN AROUND.

This scribe says that she feels as if she is carrying the world in her head, and this is a justified feeling because YOU ARE THE WORLD and THE WORLD IS YOU, and if the earth is under great pressure, stretched to breaking point, then you also (if in alignment and in sympathy with the earth) will be feeling that pressure. KNOW OF THE INTRICATE CONNECTION BETWEEN ALL PEOPLE AND ALL THINGS, FOR YOU ALL SPRING FROM THE SAME SACRED SOURCE, AND YOU ARE ALL CAPABLE OF ACTIVATING THAT CONNECTION.

Shall we take that one step further and say that you have THE WHOLE UNIVERSE in your heads? AND THAT HERE TOO, YOU HAVE THE POTENTIAL TO CONNECT. This you may not believe, and we do not ask you to believe but to investigate further, increasing your knowledge daily, reaching ever deeper into the well of infinite opportunity which will open up before you, should you care to entertain the possibility of its existence.

There is no reason why – in the long run – you should not be able to disembark from your crowded old clattering bus, lumbering awkwardly round corners so that you have to hang onto the poles and straps provided, and embark instead on a space craft with full comforts and high technology – a vantage point which offers a completely new and vastly detailed view through its windows.

So be advised, Dear Ones, of your power and potential in these times of great change, and although you have heard it so often, BE THE CHANGE YOU WISH TO SEE. We are watching over you to see where your dreams will take you. We love you, Seraphin

<http://abundanthope.net/pages/Rosie/Message-76-WIND-DOWN-AND-STOP.shtml>

This piece is under copyright protection of <http://www.abundanthope.net> It may be placed anywhere on the web as long as it is not changed in anyway and a link placed back to this site. It is preferred you place the entire piece, and if not possible to do so, you must note that the rest of it can be found at the link. Thankyou, Candace.

# THE VOICE OF LOVE WHISPERING NEW BEGINNINGS

By Seraphin through Rosie

# 83 Oct 28, 2011, last day of the Mayan Calender

R: Dearest Seraphin: what have you to tell me this sunny autumn morning in the forest? I am just on the edge of a big city, and though it is peaceful here, I can still hear a lot of background noise – mostly traffic. Even when I am on my bicycle in the forest, I do not hear this, peddling blissfully unaware down the forest paths ...

S: Yes, Dearest: it is only when you stop that you reach a place of stillness from whence NOISE CAN BE HEARD. When you are moving around – which as a collective you are doing constantly – there is no chance of finely attuning yourselves to other vibrations. In this case, you hear the hum of traffic – the unpleasant backdrop you have created, another element which serves to numb your minds and prevent access to higher, more refined and less tangible realms.

Removed from noise, from outward influences, and immobilised, as in SLEEP, opportunity is provided for recovery, insight and movement of an INTERNAL nature. These are necessary readjustments, an attempt to guide you back to a more balanced and spiritual path, an attempt to heighten awareness. In the same way, the body attempts to drain itself of the poisons ingested.

This night-time activity, when your active awareness is shut down, runs on irrespective of whether you notice it or not. This is the DIVINE PROMISE, the ALL CARING ARMS which surround you in sleep, as they do during the day, providing pointers, addressing overlooked or suppressed issues, bringing them forward NOW so that you can recognise them more easily and do not stumble over them later.

The motivation for this is LOVE, with which you are constantly surrounded. Trust that this is so and look for the signs in your dreams and throughout your day. In the stillness you will hear LOVE'S VOICE speaking to you. In the chaos and the noise, you can still hear LOVE'S VOICE speaking to you. And even if you possess nothing and find yourself at the end of your life or at the end of the world, THERE WILL STILL BE LOVE'S VOICE SPEAKING TO YOU, WHISPERING THE JOY OF NEW BEGINNINGS.

We love you, Seraphin

\*\*\*\*\*

<http://abundanthope.net/pages/Rosie/Message-77-THE-VOICE-OF-LOVE-WHISPERING-NEW-BEGINNINGS.shtml>

This piece is under copyright protection of <http://www.abundanthope.net> It may be placed anywhere on the web as long as it is not changed in anyway and a link placed back to this site. It

is preferred you place the entire piece, and if not possible to do so, you must note that the rest of it can be found at the link. Thankyou, Candace.

# THE LAST MINUTE WAKE-UP CALL

By Seraphin through Rosie

# 84 Nov 7, 2011

R: Dearest Seraphin: it is 3.30 am and I have woken up again with that itching in my finger – a sign that something is brewing and that you wish to talk to me. I am feeling a bit washed out so I am not confident of writing coherently ....

S: Yes, Dearest, you are disorientated and tired, like so many others, often literally and mentally wandering around “in the dead of night”, stumbling, unaware of what is really going on, your senses numbed, with your only wish being TO RETURN TO BED, TO CONTINUE SLEEPING.

But this, which is a WORST CASE SCENARIO, is probably THE WORST THING TO DO as it only serves to increase the state of shock in which you, as inhabitants of the planet will soon find yourselves.

Be observant. Test your response ability in severe situations. Do you tend to look away and close your eyes, or do you swerve round and serve the light within you, the light we represent, and the light which will once again be restored on this wayward planet? For restored it will be, though you still perpetuate the night, with your eyes closed for the greater part of the time.

Open your eyes and look around you. Is this “normal” behaviour? One person attacking another? One group of people attacking another group? One nation attacking another nation, causing untold bloodshed for reasons of power and selfishness? This scribe is so upset that she can hardly continue to write. She is aware of the atrocities and that so far, no well-meaning people or organisations have managed to put an end to this inhumane carnage. WHY IS THAT, BELOVED CHILDREN? You see, our compassion for you is great, despite your extraordinary behaviour which either actively contributes to or condones this situation. AND YOU CANNOT SAY THAT YOU HAVE NO PART IN THIS, FOR EVERYONE PLAYS THEIR PART. NO-ONE CAN ABSCOND FROM THEIR RESPONSIBILITY. THE “DAY OF RECKONING” IS DRAWING EVER NEARER.

But will you hear? Will you say: “Oh, there is just another accusing pointing finger. I am doing my best under the circumstances. They do not mean me.” But in this, you deceive yourself greatly, FOR WE DO MEAN YOU, FOR YOU HAVE PRODUCED THE “CIRCUMSTANCES”. WE BELIEVE IN YOUR GODLINESS, YOUR CAPABILITY TO ACT AS A PIVOT OF CHANGE, AN ANGEL INCARNATE, ADVENTING A NEW WAY OF THINKING, A REVOLUTIONARY LINE OF THOUGHT AND ACTION WHICH WILL REINTRODUCE HUMANE BEHAVIOUR AND

ERRADICATE AGRESSION FOR EVER MORE. You have that potential TO HURT NO-ONE, and you must ALL develop the intense desire to find out EXACTLY how this can be achieved and UNIVERSALLY IMPLEMENTED.

We recognise the very grave situation in which you find yourselves, on the brink of yet more wars, on the brink of severe environmental pollution, on the brink of severe personal health risks, on the brink of severe tectonic plate movement which is part of your planet's ascension programme AND WHICH WILL AFFECT YOU ALL. We beg you to ROOT OUT the causes of this bloodbath, to dig as deep as possible, to recognise and expose WHY.

Just as we admonish you, we love you also. This message does not come to smack your fingers like naughty children but to try and warn of the drastic changes which MUST OCCUR ACCORDING TO THE LAWS OF BALANCE to rectify a situation which is SO OUT OF BALANCE. Thus we urge you to go within, to shut your eyes, not to shut out but to search, and ask the GOD IN YOU "Where shall I go next? What is my truth? What are my personal standards and am I applying them in my personal life? Where do I make compromises? Where do I waste resources? What must I know to gain a clearer view of my role here on this planet? HOW CAN I BETTER SERVE?"

If, through this personal centering, you yourselves can progress and hold your balance, in loving connection with the divine creative spirit which is our eternal father, then this will serve you well in the tumultuous times to come. We love you, Seraphin

This piece is under copyright protection of <http://www.abundanthope.net> It may be placed anywhere on the web as long as it is not changed in anyway and a link placed back to this site. It is preferred you place the entire piece, and if not possible to do so, you must note that the rest of it can be found at the link. Thankyou, Candace.

# THE TRANSPARENT WORLD APPROACHES

**Seraphin through Rosie**

**# 85 Nov 17, 2011**

R: Dearest Seraphin: during meditation, the thought which dominated the session was THERE ARE NO BARRIERS IN THE KINGDOM OF GOD.

S: Yes, Dearest; you have been listening to the sounds outside, and noting all restrictive influences. In the higher dimensions there are NO BARRIERS TO THE LIGHT, just as there is no barrier to the sun when it falls directly on your face. The receiving surface is pure and fully exposed, concealing nothing. Putting on a coat, or putting a pane of glass between yourself and the sun reduces its intensity, its effect, its warmth, its purifying and cleansing and bestowal process.

Your world is full of physical barriers which you erect to control “dangerous” situations, like concrete on muddy ground, like damning rivers, like pavements over weeds, but I say to you that the flow of life will continue NEVERTHELESS and will even increase with added strength to counteract these measures, thus plants desperate to survive will grow through concrete, and the pressure of water may be too much for the dam ... Just as you stem the life growth of nature, you stem your own growth until the pressure gets too much for you. What follows is severe explosion and destruction.

Other barriers you have created: CAGES FOR ANIMALS AND CAGES FOR YOURSELVES. Fences which partition YOURS FROM MINE, borders which separate US FROM THEM. Signs saying “IT IS PROHIBITED TO WALK ON THE GRASS”, and even flags on new found land or faraway planets STAKING CLAIMS. And this is a significant part of your present problem. You stake claims out of fear that someone else could claim it first, so you live in the conviction that there is NOT ENOUGH TO GO ROUND. You continue to offer PROOF – through written testimonies, examination results, curriculum vitae, titles, merits, awards – in order to substantiate such claims. If someone achieves wealth and abundance without these vestiges, this is regarded as a miracle.

But the written word is just a collection of letters on a piece of paper. EXPERIENCE is the keyword. Are you aware of the quality of your behaviour? Are you aware of your effect on others? Do they leave your presence emptier or happier than before? Are your words daggers of defence or peace treaties? The more barriers, the more wars can be fought over them.

We beg you to please find places of quiet, far from the barrier of noise and babble which clouds and limits your understanding, and ponder a world WITHOUT BARRIERS. Without the language barrier, we would speak music or communicate by thought or gesture. Without the fences, we would all be immediate neighbours. Without secrecy, we would be known in our innermost crevices AND LOVED NEVERTHELESS.

Rejoice, for the world of ABSOLUTE TRANSPARENCY approaches, and decisions will be made according to the purity of your motives, for the eye of the Divine is an all-seeing eye, capable of glimpsing every flutter of the soul, knowing every yearning of your being and – incredible though it may seem – supporting every aspect of your own DIVINE PLAN.

This piece is under copyright protection of <http://www.abundanthope.net> It may be placed anywhere on the web as long as it is not changed in anyway and a link placed back to this site. It is preferred you place the entire piece, and if not possible to do so, you must note that the rest of it can be found at the link. Thankyou, Candace.

<http://abundanthope.net/pages/Rosie/Message-79-THE-TRANSPARENT-WORLD-APPROACHES.shtml>

# YOUR OWN PERFORMANCE OF THE DIVINE MELODY

**Seraphin through Rosie**

**# 80 Nov, 29 2011**

R: Dearest Seraphin: I feel as if I am standing in front of a new door which is about to open, providing access to new realms and experiences. This looks like a miracle....

S: Yes, Dearest, and so it seems to you, though you are all actually activating such miracles all the time in the course of creating your own realities. You are masters of FORGETTING the processes you have been through. You fail to find the energy to track your path. You have forgotten the way you took your first steps. You have forgotten the feeling of breathless excitement of standing on your own two legs for the first time.

You have forgotten the first faltering steps of other beginnings – how your fingers might search out the first notes of a beautiful piano piece which you KNOW AND WHICH YOU ARE DETERMINED TO LEARN. YOU HAVE HEARD THE MELODY BEFORE. YOU HAVE BEEN ENTRANCED BY ITS CHARM, ITS TRANQUILITY AND ITS UPLIFTING INFLUENCE ON YOU, and so you might keep this memory in your heart, rejoice when you find a physical representation of it again in the form of sheet music, and then you might set about reading the notes, stumbling and making mistakes at first, but eventually (with time, determination and dedication) YOU WILL SUCCEED IN YOUR OWN PERFORMANCE, IN YOUR OWN RENDERING OF BEAUTY.

And so it is with your lives: THE DIVINE IMPRINT, THE DIVINE HARMONY INSIDE YOU IS A DISTANT MEMORY, and the way you play out your lives, THE WAY YOU PLAY THE MUSIC, reflects the degree of your dedication to that divine spark within you which is the part of yourself you call GOD.

Perhaps you have not the time or the patience to search your memory for that divine tune, and perhaps you make do with other manuscripts or songs or symphonies which are pushed into your hands by those eager to pull the strings and set the pace. Perhaps the memory is so faint because of obliteration through other layers of noise and action. Perhaps you have DELIBERATELY TURNED DOWN THE VOLUME because remembering would require you to turn your attention away from that which you do not wish to relinquish.

And we say that the divine music will always play for those whose ears are open, who react to the smallest nuance, who are awake to the minimal difference in tone as opposed to SINKING INTO THE MONOTONE OF SUPPRESSION AND OBLIVION. Yes, the doors of the cosmic concert hall are about to open, and the orchestra will play, and no one will be able to overlook their divine origin.

We love you, Seraphin.

This piece is under copyright protection of <http://www.abundanthope.net> It may be placed anywhere on the web as long as it is not changed in anyway and a link placed back to this site. It is preferred you place the entire piece, and if not possible to do so, you must note that the rest of it can be found at the link. Thankyou, Candace

<http://abundanthope.net/pages/Rosie/Message-80-YOUR-OWN-PERFORMANCE-OF-THE-DIVINE-MELODY.shtml>

# THE POWER OF YOUR GREATER SELVES

Seraphin through Rosie

# 81 Nov 30, 2011

R: Dearest Seraphin: I ask for a vision of how the new earth will function - how people will relate to each other, how society will be organised – as an inspiration to be followed ...

S: Yes, Dearest, I will provide you with a series of images. The first is a VIEW OF YOURSELF. You, and others reading this, have as yet little knowledge of your GREATER SELVES. However small a piece of machinery you may consider yourself in the clock-workings of this planet, you are an important link and your influence is considerable.

Your very language has been contaminated to further concepts of serfdom without your recognition of such. You are used to descriptions of your society or of a company as a “well-oiled machine”, and a “blockage” or “repair” or “overhauling” of the machine suggests that something has GONE FEARFULLY WRONG. A major recognition of the new world will be to recognise the significance of things which GO WRONG, for they are merely a stepping stone to increased awareness, and often they are a blessed indication of where it is healthy to GO NEXT, and that a change in direction is a necessity if destruction is to be avoided.

YOU ARE NOT COGS IN A MACHINE, BELOVEDS, though this is of course a terribly convenient view for those who aspire to wielding power. THEY OIL YOU WELL with incentives, monetary rewards for successes, bonuses, Christmas packages, free flu shots, etc. But these are all measures of control to make you tow the line, and you are mesmerised and seduced by these EXTRAS, by commercial offers of BUY TWO FOR THE PRICE OF ONE, by the promises of SALES and DISCOUNTS. All this keeps you running for the money, perpetuating the system, keeping you off the road of independent thought, holding you within the CIRCLE OF COMPETITIVENESS.

You will learn to see yourselves in a different way: instead of neat figures fitting into pre-determined slots with narrow and precise job descriptions, you will be free to develop AS YOU WISH, to interact AS YOU WISH without imposition of pre-prepared thought forms, pre-prepared concepts or targets to be fulfilled, pre-prepared fashions and pre-prepared foods. The purely physical manifestation of yourselves will EXPAND so that in time, the outside perimeter of yourselves will not be consistent but ever flexible.

To understand this better you can imagine yourself as an angelic being (and visualisations have their own power) surrounded by light. As such, your skin is no longer the end of your being, but somewhere in the middle. The surrounding light is your thoughts and energy, and shines to the degree of positive information and creativity you emit. This can be seen immediately by others and TOUCHES AND MERGES WITH THE LIGHT EMITTED BY OTHERS. Untoward and harmful thoughts will immediately be detected and felt in such a scenario. It will be impossible to hide a dark thought or intention to cause harm or act unjustly. Fear, also, will be instantly recognisable, as well as sadness. Sadness, when detected by people emanating waves of gentleness, mercy and comfort, will immediately be addressed and eased.

Can you see, dear children of earth, how this sort of transparency will revolutionise your society? And seeing qualities of thoughts and feelings will not be limited to people alone as you move through the higher dimensions. You will feel and empathise with EVERYTHING around you. Some of you can already sense the purity of the waves emanating from components of what you call NATURE. It is the task of all life forms to develop awareness and SPREAD LOVE to the best of their ability. This is what we call the upward spiritual journey, encountering and solving the obstacles which prevent us from delivering that love to all. If you are not sure how to develop this in the position you find yourselves, put your hand on your heart and take a walk, silently or openly greeting every plant, every blade of grass, every breath of wind, every stone, every person, every cloud, every raindrop, with the words YOU ARE MY BELOVED, and slowly but surely, your vibrations will rise, your relationships will be pulled into a new arena, your happiness will escalate to new levels hitherto unknown.

This is a vision for the new world: a population of thinking, feeling and compassionate beings who slowly but surely move towards each other in a state of centeredness and composure, AWARE OF THEIR GREATER SELVES, compassed by the all-pervading desire to spread love and respect to their fellows, needing nothing, resting in assurance that the abundance of love they send out will return to them, in accordance with spiritual law. We thank you for your question. Love Seraphin.

# MEMBERSHIP OF THE COSMIC FAMILY

Seraphin through Rosie

# 82 Dec 6, 2011

R: Dearest Seraphin: I feel like everything is coming to a halt, and my desire to go out and partake of that which is unhealthy, unwhole, superficial or compromising is EVER ON THE DECREASE ... It seems that the more I know, the more I refine my senses, the more intensely I see the desecration, and the more intense my joy to see it end ...

S: Indeed, Dearest, sensitivity at this time makes outside contacts a great challenge, and also you sense the inevitable end of an era, thus rendering large ventures into the outside realm redundant. Redundant also will be many vestiges of your physical lives which reflect the stagnant and rigid frameworks lodged in your minds.

This is the time of great release from all familiarity – a time to put all that is familiar into a huge box, AND TO VIEW IT FROM A GREAT DISTANCE, evaluating its contents – not in relation to the other things in the box, but in relation to the new space which surrounds it. And I say that this NEW SPACE, involving NEW CONCEPTS and NEW DIMENSIONS, A NEW DAWN OF UNDERSTANDING AND CONNECTIONS ON LEVELS NEVER BEFORE DREAMED OF, will be so overwhelming for you as inhabitants of earth, for you are going to be presented with the UNIVERSE: UNIVERSES of new radical thoughts and situations, UNIVERSES of released emotion, UNIVERSES of knowledge hitherto hidden, as well as NEW PHYSICAL UNIVERSES.

Those who are determined to hang onto the OLD at all costs, will prevent their own ease of passage. And the passage will be SUDDEN, IRREVOCABLE and BEYOND YOUR IMAGINATION. Rejoice in this, for it is a blessing to be given the opportunity to travel BEYOND your present situation – your present self-destructive situation – at this time. Let your hearts be filled with gratitude when this comes to pass, when the seas rise and fall, when the lands rise and fall, when your past rises and falls, for the future will abound in abundance and ALL THINGS NEW.

Old contacts may fall away, old partners may fall away, family groups may separate, but these are not final moves, just intermediary ones towards other groups, families or partners, to whom your soul wishes to progress. What seems initially like widespread destruction on all levels will actually be entry into a new world, will actually be membership of the COSMIC FAMILY. Love Seraphin.

# CHANGING VEHICLES ON THE SOUL'S JOURNEY

Seraphin through Rosie

# 84 Dec 16, 2011

R: Dearest Seraphin: I am so restless in the mind sometimes, so that my body seems to be lagging behind ... what is the important focus for us at this time?

S: More than anything else, Dearest, be aware of yourselves as souls momentarily and temporarily traversing "time" in a housing of your choice, a vehicle you call "the body". It may sound strange to hear that you have actively chosen this, as vestiges of this "vehicle" may not function properly, and you would never purposely choose non-function.

So this is a grand opportunity, in the face of sudden changes, including perhaps SUDDEN CHANGES OF VEHICLE, to reflect upon the parts which have functioned IMPECCABLY, never needing repair, AND SHOW GRATITUDE FOR THAT, and to consider which parts have failed your expectations, AND SHOW GRATITUDE FOR THAT ALSO. This may be a difficult proposition for those who have suffered great physical damage. But despite the worst case scenario, there will be a CORE OF TRUTH, a tiny SPARKLE OF LIGHT, A FLAME OF ENLIGHTENMENT WHICH WILL SAY "YES, I HAVE LEARNT SOMETHING VALUABLE FROM THIS".

What this valuable lesson is, is for you (the student) to determine. In addition the focus may not be on you alone, but on the learning process of those around you who have been confronted by your illness or disability and who have gained some wisdom from this interaction. If nothing else they have been granted a stupendous opportunity to serve, while continuing to respect themselves. Thus GRATITUDE is due in all spheres.

Present "weariness", though, on your part, also results from trying again and again to SOUND THE ALARM. If a burglar alarm goes off, or if a car alarm goes off, this does not tend to cause a commotion because most people assume the alarm is false, and they just keep on walking. And when you set it off intentionally, with very good cause, and receive no reaction, your sadness grows, your spirit becomes heavy until you lift it again. It has been a long and repetitive process, but it is nearing the end BECAUSE THE END IS NEAR AND THE ALARM BELLS ARE RINGING AT FULL BLAST AND THE DEAF EARS WILL HAVE TO RESPOND THIS TIME.

Time and time again there have been brave souls, ready to shout their truth to the world, drawing attention to the fact that we are moving FULL STEAM AHEAD TOWARDS SELF-DESTRUCTION. The sleeping souls will be forced to awake and to take on responsibility for their action and their non-action, whether in the continuation of this life or in the next round. The “vehicles” may change, but the learning process and evolving process continues unabated.

In these times it is imperative to conceive of self as a flower, a plant struggling to grow, bloom, spread good quality seeds and thrive in harmony with the other plants in the garden. Whether you are uprooted and replanted into another garden, into another country, or onto another planet, is largely irrelevant. The journey WILL CONTINUE, the growth WILL CONTINUE, however many set-backs may occur, and you can be assured that the quality of the soil which nourishes you WILL ALWAYS BE SUITED TO YOUR PRESENT RATE OF GROWTH, TO YOUR PRESENT POTENTIAL, AND TO YOUR PRESENT CAPABILITY OF UNDERSTANDING, TO YOUR PRESENT CONCEPT OF YOUR DIVINITY.

Do not hang onto external material things, dear children, for the inner qualities and inner growth are paramount. LOOK NOT UPON THINGS, LOOK NOT UPON PEOPLE, LOOK UPON YOUR RELATIONSHIPS TO THOSE PEOPLE. Assess your ability to learn, to thank, to comfort, to encourage, to bless, to create, for these are the abilities which you will take with you ON THE NEXT STAGE OF THE SOUL'S JOURNEY.

# DELAYS, COMMITMENT AND NEED TO KNOW

Seraphin through Rosie

# 85 Jan 2, 2012

R: Dearest Seraphin: there has been discord and disagreement at the moment as the “time-frame” for initiating stasis has been overstepped. What can you tell me to clarify this?

S: Yes, Dearest, a fair number of you are feeling hurt and let-down and weary. Yes, it is a very long process, yes it is a very complicated process, yes there are surprises, even for us: sometimes unpleasant surprises, sometimes nice surprises, but whatever their nature, they influence our course of action and they influence the time-scheduling. We are sorry that this causes frustration of the kind you have witnessed today.

People are generally on edge, and you at AH even more so, hoping so abundantly as you do, knowing what you do. How satisfying it will be when you DO see the whole picture, and days such as today will seem like a small hiccup in a grand orchestration. When nerves are raw, reactions will be stronger, emotion may sweep away, only to return to balance at a later stage through reassessment. And reassessment, Beloveds, is something to be practised on a daily basis so as not to get “stuck” at any one place for too long a time.

Rather than agreeing to differ, you at AH must find out what it is that you AGREE UPON, rather than that which separates, in fact your membership of AH DEFINES YOUR COMMITMENT, STATES YOUR RECOGNITION OF A CELESTIAL HIERACHY, and this should hold you together as you move forward together as a learning body – learning from the celestials in the unseen realm and from each other. Do not lose the focus of your support during your questioning, for this focus is of far greater import than you can suppose from where you are sitting. Be content, create your content and your fulfilment and abundance, and we will play our part as best we can under these circumstances of dramatic proportions and challenging changes.

Let it be known also that for your protection, you cannot be allowed to know everything. You are not familiar with how the celestial cogs operate in the workings of the universe, and if you did it would take away some of the learning edge, it would lessen your enthusiasm for effecting change, it would cause you to rely more on acting agents beyond the range of earth. You would be more complacent, less ready to take on the RESPONSIBILITY which is the KEY ELEMENT in revolutionising this situation.

The NEED TO KNOW basis can be extremely frustrating and has been used for dark agendas, but know also that it has its uses in the world of light which can blind the uninitiated. While you are initiated, there is still an element of NEED TO KNOW operating here, until all has been adequately settled. Be at peace. The time for rejoicing will come, and true recognition of what has transpired will be KNOWN by all. And with this explanation we will have to leave you. Love Seraphin.

# LEAVE EVERYTHING BEHIND SO THAT YOU MAY GAIN EVERYTHING: THE VALUE OF SACRED SIMPLICITY

**Seraphin through Rosie**

**# 87 January 23, 2012**

R: Dearest Seraphin: for some time now I have sensed you wish to say something about SIMPLICITY. This is something we seem to have forgotten ....

S: Indeed, Dearest. In the final analysis, things are so simple, irrespective of whether we perceive a situation to be complicated, whether it lacks transparency, or whether it appears to cause pain for you or others. Would it not be wonderful, Beloved, if everyone could see this? That it is possible to change everything in the twinkling of an eye? From one breath to the next? From the crest of a wave, to its fall, and to the new wave rising? Let us examine some of the obstacles which hinder simple thinking, simple living, simple evolving, simple communication, simple decision-making, and simple dying.

There is a wonderful word you use which is called "dithering". This involves copious amounts of mental energy whereby the advantages and disadvantages are weighed up again and again in tortuous repetition. Why do you repeat them? Is once not enough to learn? This can be COMPLETELY AVOIDED if you are secure in the knowledge of your steps, your path, your desires, your destination. (And if you are mistaken in your destination, KNOW THAT THERE WILL BE OBSTACLES TO SHOW YOU JUST THAT).

BE ABSOLUTELY SURE OF YOUR GUIDING STAR, then dithering will not be an option. Then it will be immediately obvious whether the opportunities presented to you are actually opportunities, spurring you on the way to this star, or whether they are merely distractions or signposts momentarily dissuading you from your stated goal. ABSOLUTE CLARITY OF PURPOSE MAKES CHOOSING A SIMPLE PROCESS.

SIMPLE EVOLVING and FLUID PROGRESS occurs when every experience is processed, looked at briefly, appreciated for its lesson and then RELEASED. If every incident or encounter was immediately processed in this way every day, before the fall of night, the heavy traces of resentful memories would no longer take their toll on your skin. Instead of worn and weary faces, you would eternally wear the expression of youth.

SIMPLE LIVING can give great joy. You have less to wash, clean, care for, organise, replace, repair, conserve, renovate, renew, rearrange, reconstruct, dust, protect, insure or throw out. This means you have more time for health, service, the joy of being in nature, shared companionship and creativity. Those with huge amounts of possessions will find that they themselves are possessed with thoughts which preoccupy them, worry them and burden them. LET IT ALL GO. Ensure constant flow of energy as opposed to energy swallowed by material things.

SIMPLE COMMUNICATION can be reduced to just three words: I LOVE YOU. Eradicate all fear. Do not try and imagine what the other person might think or say. Do not torment yourselves with phantoms of rejection or shock or surprise or anger on the part of the listener, for it is enough for you to feel the joy of love flowing through you, so you can say it anyway. Dance along the street at the same time, singing your happiness, your peace, your confidence, your love.

SIMPLE DYING is presently prevented by a huge variety of obstacles. There are so many traditions and superstitions surrounding this process that it is difficult for you earth children to conceive of the SIMPLICITY of this. You move from one existence to the next, like you move from one classroom to the next, like you move from one second to the next. It is just the next step on the path. Your beliefs, your sadness, your fears, your expensive traditions make this a VERY DIFFICULT PASSAGE whereas, if looked upon as simply another experience towards more joy and knowing, it is as simple as a kiss and goodbye, followed almost immediately by a kiss and hallo.

We urge you to pare away ALL UNNECESSARY RITUALS AND LINGERING HEAVY-HEARTEDNESS IN THIS PROGRESSION AS IN ALL PROGRESSIONS. RELEASE YOUR OBSESSION WITH HOLDING ON, FOR HOLDING ON WITH ALL YOUR MIGHT MEANS NOTHING MORE THAN DRAGGING YOUR FEET ON A PATH WHICH (However long it takes you to travel) CAN ONLY LEAD TO YOUR ULTIMATE HAPPINESS AND FULFILLMENT.

And we say LEAVE EVERYTHING BEHIND SO THAT YOU MAY GAIN EVERYTHING. Release after learning, and move on into a future which will beautiful and luminous beyond compare in its SACRED SIMPLICITY. We love you, Seraphin.

# CONTEMPLATE THE NEVER-END

**Seraphin through Rosie**

**# 88 January 28, 2012**

R: Dear Seraphin: when I woke up I had these words in my head: CONTEMPLATE THE NEVER-END

S: Yes, Dearest: contemplate the never-ending scenario of your lives, by which we mean the eternal aspect, which provides a framework which can ALWAYS RELIEVE SYMPTOMS OF ANXIETY if you chose this path. Contemplating eternity may sometimes evoke a feeling of being overwhelmed – never-ending time and space ad infinitum – contained in that one small word ETERNITY. But please consider that eternity is a source of unparalleled inspiration, should you chose to see it. The passage of yourself through time and space is a journey of NEVER-ENDING OPPORTUNITIES, NEVER-ENDING CREATIVE POTENTIAL, NEVER-ENDING SELF IMPROVEMENT, NEVER-ENDING WONDER, AND NEVER-ENDING SURPRISES.

Imagine a life without progress, without surprises round every corner, a life of complete saturation, stagnancy, a life which has all but ended. If you feel that your soul is in a cage, glorify in that, because you know that you will inevitably move out of that, once you begin to push the walls away, or once you realise the door is always open. "Death" is only a door which opens into a new room of experience.

The NEVER-ENDING journey – if this is our focus – means that large disturbances on the horizon are inevitably destined to become peccadillos, once we have passed them by and understood that they are an integral part of our journey. As soon as we have assimilated them into our experience, they will fade into our past like a small pebble.

With our focus on the NEVER-ENDING story of our lives, we can live in the continuous joy of anticipation, for know that all you encounter serves you in a very particular and personal way to enlighten you, to deal with the burdens you have accumulated during your journey so far. This is an eternal process of moving ever forward through a cleansing procedure until finally, you reach a state of pure love and are capable of continuing the journey to assist others on their journey towards this state of being.

REALISE, BELOVEDS, THAT WE ARE ALL TRAVELLING ETERNALLY IN ONE DIRECTION ALONE, FOR THE SAKE OF OURSELVES AND OTHERS. LOOK WELL TO YOUR INDIVIDUAL STEPS. EVALUATE WHETHER THEY ARE HOLY STEPS OR RENOGRADE STEPS, SINCE THESE WILL DETERMINE THE GOD-QUALITY AND THE GOD-SPEED OF YOUR JOURNEY. KNOW, AS WE HAVE SAID BEFORE, THAT YOU ARE GODS AND GODESSES MOVING THROUGH ETERNITY AT YOUR OWN CHOSEN PACE.

Know that even if the film of your life is in intermission – as in BETWEEN MISSIONS or losing temporary sight of your goal – then it will inevitably continue, jerk back into motion, JERKING YOU BACK INTO DIVINE FOCUS. The steps you take at this awesome time are crucial, as we are reaching a great turning point. We love you, Seraphin.

# REMOVING THE SUGAR COATING

By Seraphin through Rosie

# 89 Feb 7, 2012

R: Dearest Seraphin: while I was under the shower – where thought always seem to FLOW well – I understood that you wish to convey something to me about REMOVING SUGAR COATINGS, as in sugar-coated words, as in removing the veneer of empty pleasantries, as in seeing beyond the tit-bits thrown to us deliberately to distract us from what is really going on behind the scenes ...

S: Indeed, Dearest: and what is going on behind the scenes is anything but sweet, but as you have been provided with so many “artificial sweeteners” over a long period of time, it is initially difficult for you to perforate the surface. Like the spoonful of sugar which you collectively add to your tea or coffee without thinking every morning, you unthinkingly imbibe EVERYTHING – if we are to look at this symbolically – and this EVERYTHING is made palatable by a sweet additive (DULCE ET DECORUM EST PRO PATRIA MORI\*, meaning it is sweet and proper to die for your country).

This poses the question: what are you adding to your lives, to your behaviours, to your words (words sweet as honey?) to MAKE THE MEDICINE GO DOWN as in the song of Mary Poppins which you know so well. JUST A SPOONFUL OF SUGAR MAKES THE MEDICINE GO DOWN IN THE MOST DELIGHTFUL WAY.\*\*

WHAT MEDICINE HAS BEEN PREPARED FOR YOU SO METICULOUSLY, OVER A LONG PERIOD OF TIME, AND WHO HAS PREPARED IT? AND WHY ARE YOU PREPARED TO SWALLOW POISON FOR THE SHORT SWEET “HIGH” WHICH THE SUGAR WILL PROVIDE? WILL THIS BRING LASTING HAPPINESS, HEALTH AND FULFILLMENT FOR ALL? IF NOT, WHAT WILL BRING LASTING HAPPINESS, HEALTH AND FULFILLMENT FOR ALL?

Viewing the present condition of your earth and the very serious problems facing you, it is easy to switch off and reach for that injection of soothing “sugar”, be it in the form of food, “entertainment” of self-imposed isolation from the “poison” or the problems. None of this will reduce the problems in hand, or make them go away. On the contrary: they are allowed to grow and grow, and so you find – over the years – that EVEN MORE SUGAR is needed to cover INCREASING FEAR that one day the wars or the nuclear plant explosions or the manipulated food chain or the pollution or the corruption or the deceit will one day AFFECT YOU PERSONALLY, as indeed it will, as indeed it does – a fact which dispensing with “sugar” and launching into intensive investigation instead will show.

We ask you to conduct a personal experiment: HOW OFTEN DO YOU HEAR WHAT YOU WANT TO HEAR? HOW OFTEN DO YOU QUESTION WHAT YOU ARE FED BY THE MEDIA? HOW OFTEN DO YOU FOLLOW UP INCONGRUITIES? Or do you just dismiss them as a mistake, a fluke or a freak of nature? KNOW THAT THERE ARE NO MISTAKES IN THIS UNIVERSE WHICH IS UNDER THE CELESTIAL EYE AND PERFECTLY ORDERED.

Your planet is a prison of rebellion, a speck or irritating dust in a vast and regulated ocean of sand. Your unhappiness lies in your lack of awareness that this is so: that you, however small, are an integral part of that great ocean, that nothing happens by chance under the eternal law of cause and effect, that you are linked to all creation, that you are INSEPARABLY LINKED TO YOUR CREATOR. When you are truly prepared to enter into this relationship, to look within in moments of silence to find the God in yourself and in every living thing, THEN YOU WILL NO LONGER

-- AH- Rosie #2 -- page. 63

NEED ANY SUGAR IN YOUR BOWL\*\*\* and the roots of the great, imposing, critical and seemingly insurmountable problems of today will be revealed in all CLARITY so that you can TRANSCEND them permanently instead of implementing cosmetic solutions and plastering them with sugar coatings.

In these times of great change and danger, we plead with you to open your eyes, recognise the crutches you use personally and as a society which are so convenient for avoiding COMPLETE RESPONSIBILITY. Act as if there were no health system, and take on complete responsibility for your health. Act as if there were no policing or school system and take on complete responsibility for the integrity of your actions and the quality of your education. Act as if there were no judicial system and take on complete responsibility for the fairness of your behaviour. Act as if every animal, person, rock, blade of grass were a CELL IN YOUR OWN BODY, and take on COMPLETE RESPONSIBILITY FOR THAT BODY. For we are literally ALL ONE, and when we recognise this and use this as a focal point of our conscious day-to-day living, we will automatically extend LOVE, GRATITUDE AND APPRECIATION to all, and will extend genuine protection to all, INSTEAD OF SPRINKLING A BIT OF SUGAR HERE AND THERE TO KEEP THINGS RUNNING SUPERFICIALLY, TO KEEP THINGS LOOKING NICE ON THE SURFACE. FOR THE SUPPRESSED TRUTH HAS BEEN KEPT UNDERGROUND FOR TOO LONG AND IS ABOUT TO SURFACE AND SHOW ITS FACE, IRRESPECTIVE OF THE MOUNTAINS OF SUGAR WHICH HAVE BEEN HEAPED UPON ITS FACE THROUGHOUT THE CENTURIES.

The urgency of this cannot be underestimated. The truth will rear its head, and you will be forced to identify your own particular role, the way you have contributed to its suppression. We urge you to search your memories in deep contemplation and to find that level of honesty which will guarantee a stable foundation for the building of a new world.

We thank you, Seraphin.

## NOTES

\* From the poem DULCE ET DECORUM EST PRO PATRIA MORI by Wilfred Owen, written during the first world war (Translation: it is sweet and honourable to die for your country). Here is an extract:

If you could hear, at every jolt, the blood come gargling from the froth-corrupted lungs, obscene as cancer, bitter as the cud, of vile, incurable sores on innocent tongues, my friend, **you would not tell with such high zest to children ardent for some desperate glory, The old Lie; Dulce et Decorum est Pro patria mori.**

The whole poem can be found under <http://www.warpoetry.co.uk/owen1.html>

\*\* **Just a spoonful of sugar makes the medicine go down:**

<http://www.youtube.com/watch?v=HrnoR9cBP3o>

\*\*\* **I want sugar in my bowl**

<http://www.youtube.com/watch?v=Fr7aMb2F-2A>

# UP SIDE DOWN: FROM A LIFE IN CAGES TO VIEWING ABUNDANCE

By Seraphin through Rosie

# 90 Feb 13, 2012

R: Dearest Seraphin: recently I completed a painting which I had started months ago but never got round to finishing (It is called **VIEWING ABUNDANCE**). There was something strange about it – something I could not quite put my finger on. It was as if I were a total stranger to my own work, wondering what on earth I was trying to say. A pair of hands hung in a cramped clutching way from the top of the canvas. While I was cleaning up, I placed the canvas in another position. It was then that I had that AHA moment. All this time, the painting had been UP SIDE DOWN, and the hanging hands were actually giving/receiving ones .... And I immediately sensed that this would be the subject of your next message, so here I am!

S: Yes, Dearest, you are getting very aware of how small occurrences in your quiet, simple life can actually convey to you the enormity of momentary changes. Combined with knowledge acquired and discernment practised, this will give you greater clarity in what is happening than those who pursue a fast-track existence in a seething metropolis, travelling from A to B without noticing the landscape which passes them by, without noticing the mental or physical condition of their fellow travellers OR OF THEMSELVES. They move but they are cocooned while moving.

There is always a reason why you have a particular realisation at a particular time. It is like a tiny spark of cosmic dust, shaken off the cosmic mind, ready to land and cause a germination of truth IF it falls on fertile ground.

And YES, everything is UP SIDE DOWN in more ways than one. Those who have eyes to see the constant deviations from humane behaviour (and this means every violent act, every slaughter of every animal, every shot of every gun, every thought of malicious intent, every order to kill or destroy, every hole bored into the skin of your earth, every atom bomb detonated in your seas and in your atmosphere, AND EVERY GLOSSING OVER OF NEGATIVE CONSEQUENCES) .... I repeat, every deviation from humane behaviour is a sign that the world is UP SIDE DOWN and has already entered a period of self-imposed destruction and INSANITY.

To those who take part in such procedures, whether as perpetrators, aides and abettors, or as acquiescent onlookers or consumers, it is those who RING THE ALARM BELLS WHO SEEM TO BE THE CRAZY ONES DISRUPTING THE SYSTEM, WHO SEEMINGLY INJECT “NEGATIVITY”, WHO ARE SEEN AS GLOBAL PARTY POOPERS.

But we ask you: IS THIS A PARTY? OR IS IT A CIRCUS OF CARNAGE? Is this a life where all can fulfil their dreams, ambitions, hopes, desires freely without any fear of repercussions, without any compromise, without towing a party line, without any financial restrictions? Until you realise that this is not so, until you realise that your burning desires are possible, feasible, and are in fact part of your DIVINE DESTINY, part of who you REALLY ARE, and that these ideas are instilled in

you at birth, part of a DIVINE BLUEPRINT, then you will remain in your prison and dance to the tune of others who have anything but your best interests in mind.

In another sense, the UP SIDE is still DOWN at the moment, in the sense that the part of yourselves which wishes to emerge, which wishes to progress, which longs to eradicate inhumane behaviour and suffering from the face of the earth, IS STILL UNDERCOVER, HAS NOT YET EMERGED FROM HIBERNATION, IS BARELY POKING ITS HEAD FROM BENEATH THE THICK LAYER OF SNOW. But the snow-drop, in all its humility, beauty and fresh innocence, will inevitably brave the harshness of climate to reach for the light, towards the sun, in order to grow, and the situation – just like the onset of spring – WILL TURN AROUND COMPLETELY IN THE TWINKLING OF AN EYE. THE TABLES WILL BE TURNED, AND ALL WILL BE EXPOSED. NOTHING WILL BE CONCEALED BY PRETTY WHITE BLANKETS WHICH ONLY TEMPORARILY COVER WHAT IS UNDERNEATH. Be ready for this development, my children, and look for the rays of the sun, search for the memory of warmth in your minds, and try to grow anyway, even though circumstances may not YET be favourable.

We have told time and time again that each individual must take time to seriously contemplate the core issue of WHAT AM I DOING HERE? HOW CAN I CONTRIBUTE TO LASTING POSITIVE CHANGE? HOW AM I PERSONALLY – IN EVERY TINY LIFE CHOICE WHICH I MAKE – PROPELLING THE UPWARD JOURNEY TOWARDS JOY AND SUSTAINABLE ABUNDANCE? LOOK AROUND YOU. HOW QUICKLY HAS THE BLUE OF THE SKY TURNED TO HAZE? HOW QUICKLY HAS CONCRETE SPREAD TO COVER YOUR COUNTRYSIDE? HOW QUICKLY HAVE SMALL FIRMS BEEN BOUGHT UP BY LARGE ONES? HOW DEEPLY DOES ADVERTISING AFFECT YOUR DAILY LIVES? HOW DEEPLY DO YOU TRULY LIVE AND KNOW OTHER REALITIES APART FROM THOSE PRESENTED TO YOU DAILY THROUGH YOUR MEDIA?

And we say: QUESTION EVERYTHING and TURN EVERYTHING UP SIDE DOWN in order to thoroughly investigate and gain a new perspective. How many of you can even imagine that an UP SIDE DOWN exists? How many can imagine a blue field under a green sky? How many can imagine that the past and the future could disappear into a single NOW? How many can imagine that earth is not the centre of the universe but a mere speck on the outer edge? How many can imagine THAT THIS IS THE GREATEST TURNING POINT IN YOUR RECENT HISTORY? How many can imagine that this is the time when the taking grasping hands will transform into the giving hands, AND THAT YOUR PICTURE IS GOING TO BE TURNED AROUND COMPLETELY?

Those unwilling to bend their minds to the degree of 180 percent will have to continue their experience in a constricted environment in which their constricted viewpoint can grow at an appropriate pace more suitable to their rate of growth. FOR GROWING IS YOUR PRIVILEGE AND YOUR DELIGHT, BELOVEDS, SHOULD YOU CHOOSE TO LEAVE SELFISHNES BEHIND AND TO EMBRACE A NEW LIFE UNCLUTTERED BY PRE-CONCEIVED IDEAS, PREPACKAGED PROBLEMS AND PRE-PREPARED SOLUTIONS.

DO NOT DISMISS, BUT PERSUE. DO NOT TURN AWAY FROM UNPLEASANT ISSUES BECAUSE THEY MAKE YOU SAD AND FEARFUL. DO NOT RESIGN BECAUSE YOU FEEL HELPLESS. REMEMBER YOUR DIVINE IMPRINT, YOUR POTENTIAL TO PERSONALLY TAKE OVER RESPONSIBILITY.

You will notice that – over the period of these messages – we continuously appeal to you to open your eyes and take on responsibility for the messes around you, instead of recoiling in fright. This is not because it is in our nature to constantly wag a warning finger (And this messenger similarly does not enjoy waving a wagging finger). On the contrary: IT IS SO PAINFUL FOR US TO SEE

YOU SMILING IN YOUR CAGES. Again and again we implore you as we see your last chances diminishing, and we will continue to do so OUT OF LOVE UNTIL THE FINAL BELL TOLLS. AND THEN, FOR THOSE WITH EYES WHICH ARE USED TO SEEING, **ABUNDANCE WILL BE VIEWED.**

With love from Seraphin and the LEGION OF LIGHT.

# THE INCREASING INTENSITY OF LIGHT

By Rosie

# 91 Feb 22, 2012

R: Dearest Seraphin: I am just pondering the influence of light, and the influence of lack of light. Where the hedge throws a shadow, the snow seems dark in colour. Where there is no light or warmth, bottles of water will freeze and – if we look closer – the glass of the bottle is broken but it still has the form of a bottle because everything is still frozen together. When the sun thaws the ice, the bottle falls apart. Nothing remains except pieces of broken glass sitting in a puddle....

S: Yes Dearest: this whole situation is symptomatic of our present times. You are sitting in the sun, attempting to relax, attempting to get away from “news” of a more upsetting nature, trying to soak up the beauty of the day. You are making your DIVINE CONNECTIONS and trying to understand DIVINE INFLUENCES.

Many people seek to distract themselves from pressing global issues by returning into private spheres. But despite this, they can never completely eradicate the disturbing background rumble, well on its way to becoming an all-encompassing roar of the kind that cannot be overheard.

You have noticed that where there is direct vision, when your face is lifted towards the light, the rays land more intensely on your skin. If your head hangs in submission, resignation or prolonged sadness, the rays have much less opportunity for endowing you with the benefit of recharging your divinely coded batteries. Always remember to recharge those batteries at regular intervals so that you are uplifted to a higher vibration inbetween. It is tiring to continue without this in low vibration situations for a long time, since then you will feel a sense of heaviness, of dragging your feet, of not wishing to continue at the same pace, of wanting to slow the momentum, or even to stand completely still. **STANDING STILL IS NOT AN OPTION IN THIS REALM OF CONSTANT CHANGE AND MOTION.**

The degree to which you genuinely welcome the light is directly related to your spiritual progress. Without it, you will freeze like the water bottles **AND FAIL TO NOTICE THE CRACKS IN YOUR BEHAVIOURS, RELATIONSHIPS, SOCIETIES, POLICIES, DECISIONS, POSTULATIONS, ASSURANCES, TREATIES AND ALLIANCES.** You will not have to address the cracks, even if you have already noticed them, until the “light” becomes more intense and melts the ice. And as you know, the increased activity of the sun, as well as increased energy vibrations, is now **IN MELTING MODE ON A HUGE SCALE** meaning that **HUGE SCALE CRACKS WILL NOW BECOME VISIBLE, CAUSING “BOTTLES” BIG AND SMALL TO COLLAPSE ON A SCALE WHICH IS NOT ONLY BIG BUT UNPRECEDENTED.**

It is no longer possible to treat all these “bottles” or “problematic issues” with a gentle overhaul, or to treat them by a slow method of cleaning or recall or replacement. Your “ice-age” was extreme, violating all divine rules, shattering all chances of slow evolution towards a golden age. The violence and extreme nature of these negative processes must now necessarily be corrected by

equally severe corrective measures. These are the inescapable laws of balance. When the sun starts to shine with all its strength, it will melt ALL the snow and ice until it is no more.

As you write this you can hear the CONSTANT SOUND OF DROPS OF WATER, INDICATING THE CONSTANT MELTING OF SNOW AND ICE ON YOUR ROOF AND ON THE TREES. YOU CANNOT SEE EVERY DROP FALL, YOU CANNOT OBSERVE THE WAY EVERY ICE CRYSTAL MELTS INTO WATER. BUT YOU CAN HEAR AND SEE THE EFFECT OF THE LIGHT IF YOU ATTUNE YOUR SENSES TO YOUR SURROUNDINGS.

And we say to you that this process – the uncovering of secrets and faults in your society – is ongoing and unstoppable. The only remaining question being: how are you going to use the time given to you – the time while the water is still dripping? We love you, Seraphin

# SEEING ETERNITY AS PART OF THE EQUATION

By Rosie

# 92 Feb 26, 2012

R: Dearest Seraphin; I have the feeling that you want to tell me something about ETERNITY. Seeing the way most people live, ETERNITY does not seem to be part of the equation.

S: You are right in this, Dearest, in that eternity is far away from the thoughts of men and women living on this earth in seeming isolation. But know that you live on the farthest outskirts of a living and ordered universe which breathes in and out continuously in regular cycles of time and non-time. To describe this process in the words you have at your disposal would be necessarily limiting, and ETERNITY is the exact opposite of limitation.

**To be unaware of eternity** means to be imprisoned in a finite time capsule with your focus on death and fearing all signs which lead to this permanent end. And end seems to suggest that nothing carries on, that nothing ultimately matters, that one should “make hay while the sun shines”, that one should explore every avenue for the fear of missing out. But we say that every experience which is “missed out” (that is: every experience or lesson deemed necessary on the spiritual path) will be “filled in” or repeated (if not yet fully understood) in the next life after “death”. Thus, you are never in a limited prison and you can therefore not escape into dark oblivion, never to be seen again. It is not possible to sweep dust under death’s carpet because it will “resurrect” with you, and you may choose to get out your dustpan again and keep collecting the dust from one life to the next UNLESS YOU ONE DAY ASK YOURSELF WHERE THE DUST CAME FROM, AND RETRACE IT BACK TO ITS PLACE OF ORIGIN. ONLY THEN CAN THE SOURCE BE RECOGNISED AND THE DEBRIS PREVENTED.

**To be aware of eternity** means collecting wisdom, collecting skills, collecting experiences rather than collecting dust or bad karma to be carried on into the next life.

**To be aware of eternity** means regarding your body as a vehicle for the soul rather than as a show-case to attract other show-cases.

**To be aware of eternity** means forging friendships, learning from encounters and incidents, and moving on without drama or regret to new friends and new encounters.

**To be aware of eternity** means having an unshakeable belief in one’s own potential to develop, to increasingly show unconditional love and to excel in creative acts, for there is ALL THE TIME IN THIS WORLD AND THE NEXT TO PERFECT ALL THESE.

**To be aware of eternity** means knowing that the only way is up, however many hairpin bends it may take, however many pauses you require, however many times you may decide to go down the mountain and climb up again. And when you do reach the top, though it may have taken millennia, there will always be another horizon, a new chance, a new offer of fulfilment, a new challenge, and a new joy.

EVERYTHING IS ALWAYS NEW IF YOU KNOW YOU ARE ON THE ETERNAL PATH. AND YOU WILL TRAVEL IT ANYWAY, WITHOUT KNOWING OR REMEMBERING, UNTIL YOU KNOW AND REMEMBER. THE ETERNAL PATH MEANS ETERNAL CHANGE, the only constant being the divine hand which reaches out towards you and which wraps itself tightly round your fingers.

**Let your knowledge of eternity** impress upon you the futility of wars, for battles cannot be “won”. Those killed are not killed. They live to eventually remember their experience, and so do you. They form part of your future karma as part of the cosmic laws of balance.

**Let your knowledge of eternity** impress upon you the absurdity of having “no time”, and may it release the fear of obliteration and loss of loved ones. For they live on in a not yet seen dimension just beyond the next mountain range, a little further along the way. In this way you never “lose” and you cannot be lonely.

**Let your knowledge of eternity** fill you with the boundless joy that your journey is sacred, every step moving towards more understanding, more in-depth perception of your motives and desires, more development of your skills, and more satisfaction in an uncomplicated life of absolute clarity and devotion.

In the end which is not an end, everything superfluous will be pared away, and you will sail blissfully through perfectly clear waters, with complete poise and confidence in your abilities, serene and content, spreading light on your way, with constant trust in your divine compass, towards your chosen destination. May constant happiness be yours, may constant service be your ultimate goal, and MAY CONSTANT MOVEMENT THROUGH ETERNITY BRING YOU THERE.

We love you, Seraphin.

# SHIFTING FOCUS TO THE MADNESS

By Rosie

# 93 Mar 6, 2012

R: Dearest Seraphin: I have suddenly been reminded of a past experience. I spent half an hour sitting on a bench, gazing at beautiful scenery. Just as I was about to get up and move on, I registered slight movement in the corner of my vision. I refocused on the long grass in front of me and was shocked to see several huge but silent grasshoppers right in front of my nose. They had been there all the time. I know nothing happens by chance, so why has that memory resurfaced now?

S: Yes Dearest: what you focus on – and with what degree of intensity – can CHANGE EVERYTHING OVERNIGHT and bring you into a new dimension, a new way of looking and thinking, leaving the past behind like some faded stage scenery. Focussing on the PAST prevents movement towards the future, towards which you are moving anyway.

This means you are moving through the NOW with a HUGE PARCEL OF PAST ON YOUR SHOULDERS, forcing you to bow your head, strain under the weight, crush your body and lessen your speed. Throwing this burden off and turning your focus to creating the future can mean a rapid increase in pace towards your goal.

This memory has resurfaced because it is very akin to your present collective situation. Mankind (the majority that is) is staring in a somewhat unfocussed way into the middle distance, relaxing perhaps from the strain of everyday living as practised on this planet. The search is for temporary relief from pent-up tension: the eye wanders across wide expanses looking for pleasant quiet harmonious scenes. And of course, those scenes can be found in isolated places far from the “madding crowd. However, these are temporary respites for the most part, and can be classified for some people as MOMENTS INBETWEEN THE MADNESS.

MADNESS is not something the eye likes to focus on, since it is threatening, fear-inducing and cannot be rationally explained. So the eye has introduced many strategies to avoid looking AND HAS PUT THE MADNESS INTO SOFT FOCUS. What is this soft focus? For some, it is holidays in hilly remote places. For others it is harmless entertaining romantic films where everything has a “happy end”.

But we say to you: YOU WILL NOT FIND YOUR HAPPY END IN OTHER REALITIES. IT IS TIME TO FOCUS ON THE IMMEDIATE MADNESS AND POTENTIAL MASS DESTRUCTION AND INVESTIGATE WHO HAS INSTIGATED IT, WHO HAS KNOWINGLY PERPETRATED IT, AND WHO HAS BLINDLY COPPERATED WITH IT BY PUTTING IT IN AN AREA OF NON-FOCUS.

Your vision can be very effective if you chose to use it – if you start to walk a radically different road. And walking in new directions is imperative at these crossroads of your destiny. WILL YOU REGARD THE MADNESS, OR WILL YOU BECOME PART OF IT BY TURNING AWAY, FOCUSSING ON THE WELL-TRODDEN AND FAMILIAR PATH WHICH WILL MAKE YOU GO ROUND AND ROUND IN CIRCLES, BRINGING YOU BACK TO THE SAME STARTING POINT? WHAT YOU RESIST WILL PERSIST. AT SOME POINT IN TIME, YOUR KARMIC PATH WILL

ALWAYS BRING YOU BACK TO THE POINT IN THE ROAD WHERE YOU FAILED TO NOTICE THE NEW TURNING THE LAST TIME AROUND.

You are surrounded and have surrounded yourselves with structures which rob you of your sovereignty and your freedom. We beg you to wake up, changing the focus of your vision towards YOUR CONSTANT STATE OF IMPRISONMENT, INSTEAD OF YOUR SHORT PERIOD OF PAROLE. For everyone to change this focus simultaneously and permanently, approaching all corruption with a critical and investigative eye, combined with refusal to contribute to any action out of alignment with the highest good for all, would be to call in a wide-scale LOVE REVOLUTION which can only be of benefit to you, your loved ones and your planet.

We love you, Seraphin

# CEMENTING THE FUTURE SECOND BY SECOND

By Rosie

# 94 Mar 27, 2012

R: Dearest Seraphin: I have been busy lately, trying to fit everything in, but things often take a difference course from the one I expect. This morning, again, I find myself standing in front of a closed door ...

S: Yes, Dearest: you are running around individually as well as collectively with already designed imprints in your mind as to WHAT YOU SHOULD BE and WHERE YOU SHOULD BE GOING. All closed doors are symbolically showing you THAT YOU DO NOT KNOW, THAT YOU ARE LIMITING YOURSELF TO PRE-CONCEIVED MAN AND WOMAN-MADE IDEAS, WHEREAS YOUR SOUL HAS A DIVINE DESTINY IN MIND.

When you think of your future, do not think within the parameters you know, but within the parameters you do NOT KNOW, until you come to the conclusion THAT THERE ARE NO PARAMETERS AT ALL, apart from the ones you create yourselves. The creative process of your lives, the directions you decide upon, the actions and reactions you CHOOSE, will cement your future. We use the word "cement" with intention, for you are cementing your next step with every breath and every thought. Your lives are not a haphazard series of unrelated incidents but a carefully crafted artwork, WHETHER YOU CONCEIVE OF YOURSELVES AS ARTISTS OR NOT.

As artists know, an intricate and multi-faceted picture does not simply appear overnight. With every stroke of the brush you are choosing where and how you are going to leave your mark. And if we add the word WHY to this mix, we are entering the realm of divine service. WHY ARE YOU LEAVING YOUR MARK in a specific area of influence, at this specific time, on this specific planet?

The inordinate significance of this end-time scenario should be apparent to you, making your personal choices even more poignant than before. Your thoughts - and your thoughts translated into action - define your future. We wish you happy and informed and intuitive choices which will seal a wonderful future full of potential and harmony for you and your earth.

We love you, Seraphin

# NEW JOURNIES AND MOVING MOUNTAINS

By Rosie

# 95 Apr 9, 2012

The point from which you start is not a starting point. It is a point of accumulation of experience. The point from which you start is not a crossroad where you ask yourself "Shall I take the high road or the low road?" It is a multi-storied multi-coloured multi-exit multi-dimensional node offering an infinite number of possibilities. A door is not a door into an enclosed room. A door is but a line which, when crossed, can signify entrance to a completely new space WITHOUT LIMITATION.

The question is, Beloveds, do you cross that threshold or enter that node WITH OR WITHOUT AWARENESS. There are those who travel the world with their eyes closed, only to re-enter the close ferment of the familiar. They may have opened a door, BUT THEY HAVE NOT OPENED THEIR MINDS. Everything they have noted on their journey is either "different to" or "confirmation of" the concepts, views and convictions which are lodged so firmly in their heads.

Travelling through life in this way is like standing on a fixed spot. The traveller is stuck on his or her "standpoint". But it is time now for EVERYONE to move on. There will be no more revolving around self. There will be no more secure positions from which you will be able to "survey the scene" from a safe distance. For all distances will be reduced, and all people will necessarily become involved in what is to pass. It will not be possible to say "STOP! THIS IS MY ROOM, MY MONEY, MY FIELD, MY WATER, MY FENCE!" since fences and systems or all natures are earmarked for collapse, and the world MY will expand into the word OUR through a huge jolt of global compassion.

When the walls fall, when there is no more door to traverse, when there is only truth in the open arena, you will stand naked at the very centre of the multi-dimensional node we have already mentioned. You will be crushed by a feeling of utter despair when you see your religious, social, political and financial systems tumbling, but you will be even more crushed to realise your LIFE-LONG SERVITUDE TO FALSE MASTERS.

This time, it will not be possible, as we have said, to view this from afar, from a position of sovereignty. The only way forward will be compassion. The only sovereign will be the heart. Using the heart does not mean constant smiles and immediate self-sacrifice. It means giving people wings. It means a strong and intense desire to raise the vibrations, expectations and potential of a dejected person in the form of opening a door and encouraging them to enter it, rather than constantly providing them with a huge variety of physical assistance. Your aim should be to so electrify or enlighten someone with new insights, ideas and possibilities THAT THEY DO NO NEED YOU ANY MORE, THAT THEY DANCE AWAY IN HAPPINESS AND MOVE MOUNTAINS. It is not your job to move those mountains for them on a regular long-term basis.

And so it will be that you, children of earth, will grow into your potential, all encouraging all instead of isolating yourselves behind self-made fences erected out of fear. We of the spiritual hierarchy

who have been separated from your planet for so long, will again become part of your world and will help you to travel this new and exciting journey.

We love you, Seraphin

# THE PARALYSIS OF PEACE-KEEPING

By Seraphin and Rosie

# 96 Apr 19, 2012

Dear Children on Planet Earth who wish well but rest in the Unknowing:  
Your position until now has been one of PLEASANT PARALYSIS turning your eyes away from PERVERSE AND PERFIDIOUS PERSUITS. This has been of a voluntary nature. From the seat of observance and inaction you have been viewing a concocted version of history and contemporary world events through distorted glasses, willingly sitting in cosy cages.

These cages or mental landscapes are of your own making, result from your own passivity, from the inability to utilise your minds critically and constructively. Your minds are like balls of cotton wool which do little but absorb the fodder which the media and those in power are so happy to provide you with. These cages are not only of your own making, they are also UNLOCKED. YOU CAN EXIT ANY TIME.

In the beginning, the exits were blocked, but now it is no longer necessary to turn the key in the lock BECAUSE YOU NEVER LOOK IN THE DIRECTION OF THE DOOR. THE MEMORY OF THE DOOR HAS BEEN ERASED, HAS BEEN SWAMPED BY ALL MANNER OF ENTERTAINMENT AND DISTRACTION, AND THE UNDERLYING DESIRE TO “KEEP THE PEACE”.

Yes, Dear Ones on earth. THIS IS THE TRAGEDY: your desire to keep the peace, to exercise tolerance in the extreme in all areas of life has turned you into a degenerate, warring and godless society. KNOW THAT THERE ARE MANY GODS OUTSIDE YOUR PLANET WATCHING THE ACTIVITIES OF YOU WHO CONTAIN THE GOD FRAGMENT INSIDE YOU ALSO, AND WHO HAVE THE POTENTIAL TO BECOME GODS ALSO.

Know that you are all without exception loved by your galactic brethren who survey your present plight and observe the extreme poverty, inhumanity, carnage and ugliness for which you are jointly responsible.

At this point I can hear those upset rebellious voices of dismay screaming in reply “BUT THERE ARE SO MANY GOOD PEOPLE HERE AND SO MANY POSITIVE THINGS HAPPENING HERE TOO!” While this is also part of the truth, expressing this in response to the gross and acute and complex depravity of behaviour which has desecrated millions of lives (including the life-blood and reserves of the planet herself), is NAÏVE AND INAPPROPRIATE. This is where we ask you to OPEN YOUR EYES, conduct intense investigation into the true causes instead of distracting yourselves with superficial entertainment, with ego-centred activities, and with “work” which creates stress and leaves little time for reviewing your very serious situation from a new perspective.

Search for the true roots of this. Do not flee from unpleasantness in order to keep a superficial and short-term peace, but seek out and weed out corrupt thoughts, actions and practises with

steadfastness and integrity and dedication. SEARCH OUT EVERYTHING WHICH DOES NOT FIT INTO YOUR VISION OF A PERFECT AND HARMONIOUS WORLD.

We sound harsh, but we are motivated as always by love.

Seraphin.

# OPENING THE FLOOD-GATES OF TRUTH

By Seraphim through Rosie

# 97 Apr 29, 2012

Dear Children on Earth who walk in Despondence and Darkness, who continue on your well-trodden path, down-trodden by your fellow travellers, elbowed into unpleasant corners by your “elders”, made to wait at every gate before you are allowed to continue, forced to pay toll at every stretch, subject to scrutiny and search before you are allowed to progress.

DO YOU CALL THIS LIBERTY?

In short, Children of the Earth who know no other way, who follow blindly, who are unable to re-set the buttons of their programming and start anew.

To start again from scratch means to face NOTHINGNESS, BOUNDLESSNESS, THE FREEDOM TO CHOOSE NEW PATHS. Who has seized these freedoms and forced you to accept their plans, their tolls, their taxes, their divisions, their corruptive practices, their degenerate behaviour? The ones who have seized these freedoms of choice – who are well aware of their inherent power (AS YOU ARE NOT) - have chosen to subject you to their yoke. And you have willingly complied and ceded thereby your own free will.

Dear Children who are Downtrodden: attempt to tread consciously, not in the tracks, ideas, suggestions, concepts, plans, hierarchies of others, but IN STEPS OF COMPLETE PURITY, KNOWING EVERY SECOND WILL COUNT, KNOWING THAT EVERY PACE IS A POINT FOR DIVINITY OR FOR THE “DEVIL”.

Yes, you Children love to surmise about heaven and hell; about battles between “God” and the “devil”, as if these are forces OUTSIDE OF YOURSELF, and thus OUTSIDE OF YOUR CONTROL. But we say THEY ARE INSIDE YOU. YOU ARE THE ULTIMATE CONTROLLERS OF YOUR FATE.

You may be concentrating on walking forward (and of course you are urged continuously to do this through repeated stress on the importance of GROWTH, PROFIT AND EXPANSION ABOVE ALL ELSE), and you may be putting one foot with determination and solid honest intention in front of the other, earning applause from the sidelines for unswerving steadfastness and increasing pace, but we warn you in no uncertain terms that THIS NARROWNESS OF PATH AND VISION WILL LEAD TO YOUR DOWNFALL.

Dear Children of Earth: stop for one moment and consider THAT THIS MAY BE THE WRONG DIRECTION: that your concerted and often brilliant and dedicated effort may have been used to promulgate a deadly weapon, a useless product, an unnecessary wastage, a desecration of resources, a pollution of beauty, a flattering of ego, a contribution to conflict, a pandering to power, a squandering of earth's riches, a support of corruption, an upholding of lies.

In your mind's eye, imagine that you are walking down your familiar road, your regular path of life, looking always at the ground instead of connecting to the surroundings, to the sidelines where a completely different story or HISTORY may be taking place.

Imagine that – as you look onto the road – you see a small trickle of water. You may think to yourself “Oh: a small trickle of water. I don’t know where it is coming from but I am sure it is nothing to worry about”.

Imagine that as you walk, you see a small crack in the tarmac. Similarly, you may say to yourself “Oh. I wonder how that got there, but I am sure there will be a good explanation.

Imagine that you see a smear of blood on the ground. Here also you may say to yourself “Oh. Someone has been hurt, but I am sure that someone will be looking after them now”.

Our question is: HOW CAN YOU BE SURE? Know that this is ignorance, not certitude.

Know that those who do not look up will sooner rather than later be confronted by the consequences of their non-investigation and will be presented with the truth: that the trickle of water comes from a large dam, about to burst its banks; that the tiny crack in the ground is the start of huge earth changes already long initiated; that the blood belongs to one of millions who have suffered in these centuries of carnage which have taken place on this “free-will” planet.

You have not been stopped in your carnage so far. Your free-will choices have been allowed to continue because it has been deemed necessary to find out just how far you will go. But know that you will be stopped in your tracks – regardless of whether you wish to raise your eyes or not – and forced to see the wider perspective and larger consequences of your one-sided behaviour and ultimately of your INACTION.

This, like all others, is a learning process. Those who do not learn must repeat their lesson. KNOW THAT THE FLOOD-GATES OF TRUTH WILL OPEN, THAT THE SMALL TRICKLE OF WATER WILL TURN INTO A RAGING TORRENT, TAKING EVERYTHING IN ITS PATH. ALL WILL BE CLEANSED BY THIS BODY OF WATER. IT WILL DESTROY ALL BROKEN, ARTIFICIAL AND CORRUPT STRUCTURES. PREPARE TO BE AMAZED. PREPARE TO TAKE ON A NEW REALITY. PREPARE TO HAVE YOUR BLINKERED VISION REPLACED BY A COSMIC PERSPECTIVE.

As your famous poet Shakespeare said: your little lives are made of the stuff of dreams. Now is the time to rise from the dream, appreciate the dream for the learning experience it has afforded you, and leap into a new world, a new paradigm, a world of colour as opposed to black and white, a world of many dimensions as opposed to the purely physical: a world where there is no need to punish, control, jail or tax anyone BECAUSE ALL EARTH INHABITANTS INTEND GOOD ALONE, INTEND TO DEDICATE THEIR ENERGY TO EACH OTHER’S HEALTH AND THE HEALTH OF THE PLANET.

Hold this dream so close to your hearts, Beloved Children, that it becomes reality. NEVER LET IT GO. Ensure that this planet never again sinks to the low levels of depravity, corruption and decimation which you have collectively allowed. Earth will follow this path to health and purity and beauty whether you choose to accompany her or not. Be aware that you have a choice and exercise your choices.

There will be those who read this far and who choose to say THIS IS GROSS EXAGGERATION! THIS IS FEAR-MONGERING! THESE ARE NEGATIVE VIBES! Again, this is your choice how to react. While it makes us sad to see you walking into your own demise, despondency and destruction, we know we must let you continue walking so that you are confronted by your next learning experience elsewhere.

There will also be those who are uncertain of what is meant here. To those we say: root out the underlying causes of the problems in your world – not the causes offered by scientists, experts, opinion polls, the media, the banking community or the pharmaceutical companies. Root out the story behind the story. Do not accept the first explanation which is pushed so easily and reassuringly towards your fingertips, do not sigh simultaneously with relief that THINGS ARE ACTUALLY NOT AS BAD AS YOU THOUGHT.

As always, Beloveds, we have your interests at heart. It distresses us to see HOW GREATLY YOU HAVE DELUDED YOURSELVES, HOW EASILY YOU PUT ASIDE THE GREATEST OF CRIMES AND SCANDALS, AND HOW EASILY YOU ARE LED BY THOSE WHOSE DELIBERATE INTENTION IS TO MISLEAD.

Imagine what it would be like to see BEAUTY, HONESTY, RESPONSIBLE BEHAVIOUR AND LOVE IN EVERY DIRECTION YOU LOOK.

This is our vision for your world.

Love Seraphin.

# CULLING THE COLD WIND

By Seraphin through Rosie

# 98 May 6, 2012

What is the cold wind, Beloved Children of Earth, that freezes your hearts? Which turns animals into carcass consumption? Which turns bloody conflict into “humanitarian war”? What makes you race towards the next promotion, ball-game or party, leaving starvation, poverty, pollution and perversity in your wake?

Though they may have escaped your attention due to lack of “time”, “resources” or “responsibility overload” due to self-chosen overlords, they are still there, if you look in the back mirror, and growing with astounding rapidity like rampant weeds which have run riot due to lack of containment.

What have YOU been containing, Beloved Children? You have been running before the COLD WIND OF FEAR, securing your future, your property, your small lives within carefully staked out perimeters. But CONTAINMENT is not your true nature, DIVINE CHILDREN OF GOD, SOURCE AND CREATION.

It is your nature to sing the song of your soul, to shout your inner joy, to dance from one perimeter to the next in an eternal spiral of EXPANSION until EVERYTHING IS WITHIN YOUR PERIMETER AND EVERYTHING IS PART OF YOU.

If you look in the rear mirror, as you drive your car, safely contained along a pre-determined path, you may see that the exuberance you so miss in your luke-warm fearful lives is RIGHT BEHIND YOU, DEMONSTRATED BY THE FLOURISHING OF EVIL. UNCHECKED, IT KNOWS NO BOUNDS, EXPLOITS EVERY LAST CORNER EXCEPT FOR THE SMALL PATCH OF GROUND IN FRONT OF YOU.

You cannot take your eyes off this path, or you might crash the car, be forced to get out and SEE YOUR SURROUNDINGS. But intuitively you do not, for this – as your subconscious tells you – would be a shock too great to bear. At the slightest suspicion of danger, you lock all the doors and get out the gun.

In this, the era of disclosure, closed doors will be opened forcibly. It will no longer be possible to defy, post-pone or ignore what is on the other side of the door. This new exposure to LIMITLESSNESS will cause you to shed many tears, knowing that you have spent so much time in ignorance and seclusion. But at the same time it offers opportunities never before seen on the face of this earth for growth and prosperity in the sense of personal fulfilment.

So we ask you again, Beloved Children: WHAT IS THE COLD WIND WHICH FREEZES YOUR HEARTS? It would be well to ponder this, as there is no place for cold winds on the new earth, nor is there any place for disconnection. One heart will touch another instantly in a new way of perception, a new way of relating to each other, a new way of living together harmoniously.

This is the way we envisage your world, populated with caring, joyful, industrious communities striving to assist each other; encounters where each person respects another, where it is customary to look everything and everyone directly in the eye, where it is not only impossible to escape into a self-made encapsulation, but that this is a state WHICH NO-ONE NATURALLY DESIRES. RID YOURSELVES OF THESE CAPSULES WHICH LIMIT YOUR INTELLECTUAL, SOCIAL AND SPIRITUAL CAPACITIES. NO LONGER CONFORM TO WHAT ONE BOOK SAYS OR WHAT ONE GURU SAYS OR WHAT ONE OFFICIAL SAYS OR WHAT ONE PRESIDENT SAYS OR WHAT ONE MOUTH-PIECE SAYS IF IT CONDONES IN ANY SMALLEST DEGREE EXPLOITATION, WAR, MANIPULATION, GREED OR WASTE.

Think for yourselves, Beloved Children. Develop your own integrity and find your own truth and act upon it. Do not decide to enter the army to secure a "future" for you and your children. Do not succumb to the "rules" of an association or church or firm or practice to "get ahead", to flatter your ego, or to convince others of your worth. To do this is to SACRIFICE YOURSELF AND YOUR SACRED PATH, for you all have gifts to give to each other. These gifts are lying dormant, killed by worldly concerns, killed by fear of survival, killed by dumbing down, killed by the mistaken belief that dreams do not come true.

But we say DREAM THE IMPOSSIBLE, for this is the energy of transformation, the engine which drives change, the route to EVERYWHERE.

We love you, Seraphin

# MESSAGE FROM THE SUN

**By Rosie**

**May 14, 2012**

Various scenes from the past showing sun worship were presented to me during meditation, including ritual sacrifice on a huge pyramid structure in a jungle, and I wondered what the Sun thought about all this, and whether he had a message for us. Here it is:

“I am a very ancient soul viewed from your earthy time references, and yes, you have worshipped many images of me over the ages, and cruel sacrifices have been made in my name. I was intricately involved with your beginnings and have seen developments so great that they cannot be understood from your present position.

Know that you and all living organisms have been loved at all times. I have turned my face and my love towards each searching leaf, each uplifted face. Your clouds are of your own making, Dear Ones, They are the product of your sad songs, your inertia, your misconduct and ill intent. Turn all that around and you will receive my benefaction at all times. You will never lack for warmth, should you pierce the coldness in your hearts. This is all I require to shine constantly and to a degree which is in alignment with your best interests. Turn away and complete deeds of cold-heartedness and the fogs you create will separate us.

In this time of change we larger souls all cry UNITY. And so it is that my unity with the earth is increased. I am not only shining on one side of her, Beloveds, as you generally suppose, but surrounding and embracing her with increased light. She shall feel the benefit of my devotion; she shall profit from my dedication; she will rise to meet my intensity; she will glow in the warmth of my love. May you grow with her, Little Ones, and reach out to me as she does.”

# WHAT IS YOUR MESSAGE?

By Seraphin through Rosie

#99, May 22, 2012

Dearest Children on Earth who have no trust in your DIVINITY:

The fact that you are gods of divine origin with divine blue-prints has escaped your attention (and this is astonishing for us to watch). Your attention is elsewhere, sucked up by pre-determined activities and amusements.

Yet if you conduct your searches diligently, seeking that which has been radically and systematically eradicated from your holy books over the centuries, you will discover and retrieve this, YOUR TRUE NATURE, YOUR TRUE RELATIONSHIP TO THE CREATIVE COSMIC SOURCE. While this may be beyond your present comprehension, you are always in a working partnership with Source which is IN YOU and WITH YOU ALWAYS.

So, as divine messengers, we would like to ask: WHAT IS YOUR MESSAGE? What “vibes” are you sending out into the world around you, and what sort of message does the world REQUIRE so that the vibrations of this planet can be raised to those of complete harmony?

ARE YOU MAKING A DIFFERENCE? Know that the answer to this question will always be YES. Your messages, words, emotions, actions, insinuations, accusations, congratulations, praises, expressions of gratitude, attempts to reunite, disperse, corrupt, inspire or condemn – ALL THESE ARE MESSAGES WHICH HAVE THEIR EFFECT.

These may not always be measurable by the human eye in the physical sense, due to your limited or untrained powers of perception in other realms and dimensions as yet unfamiliar to you. However, should you attempt to familiarise yourselves with the world of dreams, meditation and spiritual experience, it will become all too clear that EVERYTHING IS CONNECTED, that EVERYTHING IMPACTS EVERYTHING ELSE, and that your thoughts and intentions MANIFEST AS YOUR OWN CREATIONS 100 % of the time.

And time itself is merely a RETARDING AGENT BETWEEN THOUGHT CONCEPTION AND THOUGHT MANIFESTATION, FOR THE PURPOSE OF LEARNING: **FOR THIS IS WHAT YOU ARE DOING HERE, DEAREST CHILDREN: LEARNING TO BE CREATORS, LEARNING TO BECOME MORE AND MORE LIKE THE ETERNAL CREATIVE SOURCE.**

Your journey, likewise, is eternal. Your imprint in this life is but one footstep on a continued path upwards. You may stop, rearrange, open doors, close doors or take “time-out” on the way, but

there will always be a light, an inspiration, a sign, drawing you along into the next experience. Thus you determine your own path and your own happiness, assisted by the heavenly realms which – at this moment – still remain unseen. And by your own decisions, you similarly determine the happiness of those around you.

So we repeat our question:

WHAT MESSAGE ARE YOU SENDING?

Are you sending MESSAGES OF CLARITY, or are they vague and uncommittal?

Are you sending MESSAGES OF BEAUTY, while ignoring ugliness?

Are you sending MESSAGES OF ULTIMATE TOLERANCE, allowing others to indulge in unpleasant or perverse behaviour?

Are you sending MESSAGES OF CONSERVATIVE POLITENESS, bound by rigid structures which you have collectively imposed?

Are you sending MESSAGES OF BOREDOM, to be relieved only by increased consumerism or physical gratification?

Or are you sending NO MESSAGE AT ALL, in which case there are others only too happy to fill in this void for you, not always in your best interests.

The time has come to send HOLY MESSAGES, proclaiming the sanctity of life, the value of integrity, the necessity for full responsibility.

The time has come to send MESSAGES OF HONESTY, admitting mistakes and revealing corruption.

The time has come to send MESSAGES OF LOVE, irrespective of the response, irrespective of the degree of forgiveness that this involves.

Dearest Children of Earth: we urge you to RE-EVALUTE YOUR ROLES AT THIS MOMENTOUS TIME IN YOUR HISTORY. We urge you to RECOGNISE YOUR DIVINE SELVES and your GREAT CREATIVE POWER WHICH WILL CONTRIBUTE TO THE FLOURISHING OF A NEW, PEACEFUL SOCIETY ON EARTH.

We love you, Seraphin

# SCRAMBLE FOR SURVIVAL OR SACRED MARRIAGE

By Seraphin through Rosie

#100, May 30, 2012

Dear Children of Light whose lives are filled with worry, who scramble continuously for survival.

Like insects close to the ground in search of food you scour every inch to find something palatable or profitable to you. Like ants scurrying over a kitchen table, you are on the lookout for leftovers, special offers, two for one bargains and advantageous purchases, collecting points and bonuses as you go, involving yourselves in spending sprees or saving schemes or security packages using pay cards for every transaction. Thus you line the pockets of those who design the offers.

Wading through this jungle of payments, interest, insurance and loans puts a heavy rucksack on your shoulders, but after a while, carrying this weight appears to be normal, as everyone else is carrying it too, rain or shine, for better or for worse, in sickness and in health. You will recognise these words, Beloveds, but realise this: YOU ARE NOT MARRIED TO YOUR BARGAINS, YOUR HOUSES, YOUR SYSTEMS, YOUR MONEY.

Instead, you are married to the muse of your spiritual progress and acquisition of sacred knowledge. These are your DIVINE COMPANIONS, THE FRAGMENTS OF GOLD INSIDE YOU WHICH ARE INTRICATELY INVOLVED IN YOUR EVERYDAY LIFE, HELPING YOU HERE AND GUIDING YOU THERE, BEING YOUR CLEAR CONDUIT TO SOURCE IN PARADISE – THE PERFECT DESTINATION.

Your divine companions will listen always, will assist always. They will not bargain for your soul. They will not make you a special roundtrip offer to Paradise. They will not provide a health insurance policy if you get ill on the way. They will not encourage you to save energy or love for when times get rough, or for a rainy day. For love should always be spent NOW, given freely and immediately, without question. Accumulating love and locking it in a vault will earn you no interest.

Your divine companions will not stop you, should you decide to spend your lives in worried accumulation and contemplation of accessories, but they will sadly regret that you will suffer all the more when you inevitably have to be separated from them. FOR SEPARATED YOU SHALL BE FROM EVERYTHING WHICH PULLS YOU OFF THE SPIRITUAL PATH. There is no insurance or accumulation of material substance here, only the bliss and ecstasy of constant creative service to the Divine.

So relax, Beloveds and cease chasing the special offers, for they cannot be found in the material world. THE BEST OFFER OF ALL IS THE CONSTANT OFFER OF ETERNAL LIFE, AS ASSURED BY THE CREATIVE SOURCE OF ALL, towards which your divine unseen companions are so desirous of directing you. Close your eyes and be still: see if you can hear their suggestions, follow their words, rely on their advice. See if you can trust the unseen, experience the unknown, fly through new skies, raise yourselves to unprecedented levels of consciousness, resurrect yourselves as gods.

We love you, Seraphin

# PEDDLING IN MID AIR ON AUTOMATIC WITHOUT TEARS

By Seraphin through Rosie

#101, June 11, 2012

Dear Children of Light who are incapable of crying:

You are presently peddling in mid air, trying to move forward, putting great energy into a specific direction, but your motions are circular and have little to do with personal growth. You peddle on without thinking, unaware that you have no grip on the ground. It is as if the wheels of your bicycle are slightly aloft, with no REAL CONTACT to reality, and thus no real progress is made.

What is “real contact”, Beloveds? We will tell you.

Real contact is when you run immediately to the scene of an accident.

Real contact is when you run immediately to comfort a person in distress.

Real contact is SEEING the rubbish, the carnage, the violence you encounter in the course of your ride, INSTEAD OF AVERTING YOUR EYES.

Real contact is sending vibrations of love in every direction at all times.

Real contact is being MOVED by what you see, INSTEAD OF HUNKERING DOWN, INSTEAD OF SHUTTING THE DOOR OF YOUR EMOTIONS, INSTEAD OF BECOMING A SOUL-LESS AND JOYLESS AUTOMATON ON AUTOMATIC.

What is the state of your world at this time?

Is there “enough” to cry about?

When did you last cry?

When did the knowledge of the horrors of war, the killings of innocents, the systematic destruction of natural beauty or the soiling of your majestic seas last ELICIT A TEAR FROM YOUR EYES?

If you remain untouched by these, you are indeed on automatic, numbed, dumbed down, subject to suggestion, to media, to the naïve persuasion that everything will sort itself out in the end sometime somehow somewhere. Meanwhile, you keep peddling but do not make any ground. You make NO DIFFERENCE.

There can be no back peddling at this time. This is the ultimate journey and you will travel to your next destination whether you remove your blinkers or not. And who will do the sorting, dear children? Who will decide where you go? Because you have not decided, not taken a stance,

because you have allowed this spiralling down into self-destruction, the sorting process must be conducted by those of the divine hierarchy.

We do not like to be the bringers of constant warnings, but we see no other way. This saddens us. We of the other realms long to help you, but as you are not even in touch with your own reality, how can you learn to be in touch with ours?

We would cry with you and support you,  
IF ONLY YOU WOULD CRY.

We love you, Seraphin

# MESSAGE FROM OUR EARTH

**Through Rosie**

**June 13, 2012**

During meditation I expressed my deep gratitude to our earth and asked the question HOW CAN I HONOUR YOU MORE? This was the reply:

“To you I say, walk with care, for I feel every footstep as you touch my skin, and through this contact I can feel your heart-beat – whether it is fast or slow, whether your heart is in love or fear, whether your intent is well-meaning or destructive.

For my cells are alive just as your cells are alive, and this information about your feelings and state of mind can and is communicated to me in a second. Multiply that by the number of your global population and you will start to understand the burden I feel: every stone thrown, every spadeful of earth unturned, every cavity blocked or eroded or exploded. I feel all activities of all people.

I am your MOTHER in all senses of the word. I carry and feed you constantly, and collectively, you have abused this position. Retrieve your innocent childlike wonder and reverence. Start to recognise the consequences of your doings on your mother’s body and WALK WITH ME IN PEACE. BE STILL. BE MY STILLNESS. BE MY JOY AND COMFORT AS I AM YOURS.

# HOW DO YOU WANT TO LIVE?

By Seraphin through Rosie

#102, June 21, 2012

Dear Children of Light who frequent a WORLD OF DARKNESS which gives the illusion of brightness:

You have been grossly deceived, and in absence of sufficient persistent questioning, you have failed to perceive this deception. Indeed you have played along admirably (according to the perpetrators). You have risen to the bait, over centuries, out of ignorance, lethargy, fear or lack of confidence in your godliness.

If you knew the depth of your godliness, your immense powers would be able to break the spell. But you remain in harness, meekly obeying, humbly accepting, BUT NOT LIVING YOUR DIVINE POTENTIAL. THIS POTENTIAL, IF LIVED, WOULD TURN YOUR EARTH INTO A HARMONIOUS PLANET IN A GOLDEN AGE.

And this indeed is our vision for her, your earth, and as you are personally assisted by unseen forces and friends from other dimensions, so Gaia also has her personal assistants who offer her signs and propel her towards SPIRITUAL GROWTH. As inhabitants on her soil, as guests of her benevolence, you must accept – as she has accepted – the help we offer, or take the consequences. She will enter a new space, a new vibration where the shadows of war, destruction and violation CAN NO LONGER EXIST DUE TO THE OMNIPRESENCE OF THE LIGHT.

Some may say: WHAT DOES “LIGHT” MEAN? The stronger the light, the nearer it is, the stronger the contrasts and the darker the shadows. The light will soon become so strong THAT THERE WILL BE NO SHADOWS AND NO MORE OPPORTUNITY TO HIDE BEHIND THEM. All dust will be driven out, will whirl in great storms in the public arena, exposing injustice, corruption, lies, deception, insult, and damage on a mental, emotional and physical plane.

While the physical damage on earth has been considerable, it is equalled by loss of determination and integrity on a mental level, and it is more than equalled by loss of adequate emotional reactions. We could say PARALYSIS. If we were to say that many people on earth had lost their sanity, many beings viewing this scenario from other worlds would agree with this assessment: you destroy what is good and support what is evil.

This tolerance has extended to all areas of life, making practically everything permissible, making this a place without any moral hold or fabric, A society based on these precepts, unable to take a firm stand against depravity, unable to recognise it as such, will inevitably degenerate. Eventually, it will self-destruct due absolute disdain for life.

You are unable to put your foot down and say ENOUGH IS ENOUGH. You fill every pleasure cup, letting it spill in endless overflowing, without regard for its final destination. The right to limitless waste, limitless gluttony, limitless expenditure, limitless exploitation and limitless sex IS NOT YOUR BIRTHRIGHT. YOUR BIRTHRIGHT IS TO FIND ECSTATIC JOY IN PERSUING YOUR FAVOURITE INTERESTS WITH PASSION, IN A WAY WHICH INSPIRES AND BENEFITS YOUR FELLOW GLOBAL CITIZENS.

Allowing yourselves to clutter up your time with pre-chewed programmes, media, television, in your so-called "leisure" time, will not bring you the happiness of purposeful creative activity. Cluttering up your time with "work" for a large proportion of your day, following pre-chewed instructions, producing useless, harmless or expendable products, repeating the same moves day in day out, WILL NOT RENDER YOU THE JOY OF PURPOSEFUL CO-CREATION.

SO HOW DO YOU WANT TO LIVE? FIND THE COURAGE TO BE RADICAL, TO ENVISAGE THE PERFECT SOCIETY, THE IDEAL ACTIVITY – IDEAL FOR ONESELF AND IDEAL FOR SOCIETY SIMULTANEOUSLY.

Your situation is very acute: prepare your minds for change much greater than your minds can imagine. Know that you will learn to extend yourselves in great leaps and bounds if you are prepared to SURRENDER YOUR CONVENTIONAL MODES OF THINKING, MODES OF PLAYING AND MODES OF PRAYING.

The latter is thought to be the most difficult, but is actually the most simple and the most effective. The divine mind knows all, always acts with love, always has progress as its goal. Your request to grow is all you need, as this request will always be received with joy and will always be endowed with divine support.

Brace yourselves dear Children, for the time is coming where huge adjustments must be made. Those who cannot adjust to the new environment of higher love vibration will lovingly be transported to another environment where they can unfold and learn at an optimum pace as determined and chosen by themselves. Those who can adjust and who are willing to learn will find themselves on the upward path.

With this we leave and love you, Seraphin

# RISING AS A BIRD: BECOMING THE CREATOR

By Seraphin through Rosie

#103, July 4, 2012

Dear Children of Light who rejoice in the comfort of FAMILIARITY,

You gain a certain degree of confidence and joy through planting certain seeds or going through a series of actions, knowing that there will be a corresponding positive outcome. You know this because in these areas in which you are “professional” you have a wealth of experience under your belts. You are FAMILIAR with the structures in place, you are FAMILIAR with your roles within those structures, and you are FAMILIAR with the outcomes of your actions within these settings.

If this has been the case for a long time, as in a job, in a relationship, or in a neighbourhood or community, a certain stability is afforded. A certain complacency may also set in, leading to passivity and lethargy. Thus a situation may be stable, but also POISONED. Look upon your world. What has happened there?

REFLECT UPON THIS: WHAT QUALITIES ARE NECESSARY TO INCREASE THE QUALITY OF LIFE FOR ALL? IMAGINE YOU ARE A BIRD TRAVELLING THE WORLD, CAPABLE OF SEEING EVERYTHING IN EVERY COUNTRY FROM A BIRD'S EYE VIEW, CONSCIOUS OF EVERY JOY, EVERY TEAR, EVERY ACT OF KINDNESS, EVERY ACT OF DESPAIR, AND EVERY ACT OF VIOLENCE **WORLDWIDE**.

If you could do so, you would realise the intensity of STAGNATION, the high degree of attachment to that which is FAMILIAR, the great inability to look beyond your present local experiences, your failure to grasp the acuteness of your global situation in its entirety. You may sip your tea on a pristine lawn, sitting in a teak chair, while forest is being decimated on the other side of the earth. You may sail along beautiful coastlines and rivers, while the oceans on the other side of the earth (OR EVEN MUCH CLOSER) are polluted with islands of plastic. You may celebrate birthdays, weddings, special occasions and deaths, while children on the other side of the earth are chained to the machines they work on, not knowing their date of birth, not knowing that dates come and go because every day is hallmarked by drudgery and exploitation. And when they die, no-one will notice.

So be a bird: see all this and understand that your complacency in so many areas great and small contributes to the continuation of exploitation and manipulation worldwide. RISE ABOVE YOUR PRESENT SLOT IN SOCIETY, WITH WHICH YOU ARE SO FAMILIAR. DARE TO BREAK NEW GROUND. DARE TO ENTERTAIN NEW POSSIBILITIES. DARE TO FOLLOW NEW IDEALS AND STANDARDS WHICH WILL BENEFIT **EVERYONE**.

For as you rise above the countryside and seas and towns and cities as a bird, you will see everyone and everything AS PART OF YOUR EXPERIENCE AND AS PART OF YOURSELF AND AS PART OF YOUR RESPONSIBILITY. It is in this way that your loving Father and Creator looks upon this planet, HIS CREATION AND SIMULTANEOUSLY YOUR CREATION, AS YOU ARE AN EXTENSION OF THE CREATOR.

Grant that this new perspective, as an agent and descendent of GOD, will enter fully into your mental landscape, and grant that it will provide you with a new base from which you can initiate valuable, pertinent and relevant action. And we entreat you to get used to your new role as a bird, constantly surveying, taking ever longer flights from your own cosy nests to explore THE REST OF YOUR WORLD AND THE REST OF YOURSELF.

We love you as a member and representative and agent of all humanity,

Seraphin.

# DRUNKEN WITH THE DIVINE

By Seraphin through Rosie

#104, July 19, 2012

DEAR CHILDREN OF LIGHT WHO MOVE FORWARD IN PAIN AT DIFFERENT PACES:

To you who blunder through the darkness, in despair of finding your way, in despair of being blessed with abundance, in despair of experiencing the lasting closeness and support called LOVE – a word screamed on your earth from many corners but barely encountered in its entirety – we say OPEN YOUR EYES TOWARDS THE LIGHT WHICH IS YOUR GOAL. TAKE THE DIVINE HAND, LOOK INTO THE DIVINE EYES, DRINK THE WORDS FROM DIVINE LIPS AND HEAR THE WORDS OF DIVINE COMFORT.

Some will continue to blunder helplessly. They will ask WHERE IS THIS DIVINE BEING WHO CAN GUIDE ME ON MY PATH? And the answer will be EVERYWHERE and INSIDE YOURSELF. Attune your ears, dear children on earth, to the divine whisperings which sound when you go into stillness, shutting out exterior noises and distractions. Sharpen your eyes, for you shall see signs of divinity in every hint, every chance occurrence, every freak storm, every breath of intuition, every surge of gratitude and joyfulness.

To you who walk the darkness in suspicion and critical stance, pausing at every possible juncture to voice displeasure and accusation, we ask you to pause your judgement also, and to ponder your contribution to the smooth transition to peaceful living. Do you wish to live in a society comprising of many individuals like yourself, pacing to and fro in anger, raising a pointed finger? While a critical stance is essential to perceiving the roots of imbalance and mismanagement and corruption, do not forget to respect that everyone is on their very own personal journey.

To those who make a great show of walking through the darkness with large impressive steps saying THIS IS THE WAY, holding huge lamps and asking for donations for fuel along the way, we would ask you to examine your motives, reduce your egos and tend to the welfare of your fellow travellers instead of lining your pockets, for the true light cannot be reached BUT THROUGH YOUR OWN MERIT.

To those who take tiny steps, or who rest immobilised, paralysed by fear, we ask you to take courage, to take your lives into your own hands, to determine your own destinies and free yourselves from the fetters of those who have intentionally incarcerated you for their own pleasure in prisons made to YOUR OWN SPECIFICATIONS. A world of wonder awaits you, if you can but conceive that this life you lead is a life in which YOU HAVE BEEN LED. REDFINE YOUR DEFINITION OF FREEDOM, which means limitless abundance, limitless love for others, limitless

potential, limitless exploration and experimentation, IF IN ALIGNMENT WITH DIVINE STATUTES – IF FOR THE BENEFIT OF HUMANITY – IF FOR A PURPOSE GREATER THAN YOURSELVES.

To those in fear: step into your own lives and put yourselves first IN ORDER TO ENJOY THE HAPPINESS OF SERVING OTHERS AND PUTTING THEM FIRST.

To those who sail blissfully, in full awareness of the light, in full knowledge of the prevailing darkness at this time, we say YOU WILL HAVE A LIGHT PASSAGE in comparison with those who still carry their pain before them. To the already lighted ones we say REMEMBER YOUR MISSION. EXTEND YOUR ASSISTANCE TO THE TRAVELLERS YOU MEET ON YOUR PATH. FOR YOUR PATH IS ALSO THEIR PATH, THOUGH YOU MAY MOVE AT DIFFERENT PACES, AND YOUR GOAL WILL ALWAYS BE THE SAME: TO EXIT THE NIGHT, FORMED BY YOUR OWN DARKNESS, AND TO ENTER LOVING FULFILLMENT AND ETERNAL DAY.

This journey is always divine, however long it takes. You ALWAYS have the potential to complete it, depending on how long it takes TO RECOGNISE YOU HAVE THAT POTENTIAL AND TO ACT UPON IT. You may break the journey, you may take detours, in this life or the next, but as you have eternity at your disposal, THERE IS NO WAY OF NOT ARRIVING. SO WHY NOT DO IT IN STYLE? QUIT THE COMPROMISING, THINK BIG, THROW OUT EVERYTHING WHICH DOES NOT COMPLY WITH YOUR GREATEST VISION FOR YOUR EARTH, INVITE YOUR FRIENDS, AND DANCE DRUNKEN WITH THE DIVINE TO THE FINISHING LINE.

# CONSTANT UNIVERSAL VIGILANCE

By Seraphin through Rosie

#105, August 9, 2012

Dear Children on Earth who learn through DESTRUCTION,

Why is it that you jerk forward in painful episodes which take you from one unpleasant experience to the next? Your abdication from responsibility allows you to be propelled forcefully along your journey whenever the tension has accumulated to bursting point, requiring immediate and explosive release.

Is this the way you wish to live, Beloved Children, helplessly riding on the crest and then in the trough of a relentless wave?

Know that the learning process on other more spiritually advanced planets does not involve these constant leaps, these painful recognitions, these tortuous dead ends, these sudden separations. The learning curve is constant, gentle and consistent. Awareness is so great that the smallest irregularities or inconsistencies or untruths or bumps on the road of experience lead to IMMEDIATE REASSESSMENT AND REAJUSTMENT AND CORRECTION of behaviour, of method employed, of attitude or approach.

Thus, difficulties are „nipped in the bud“ before they can reach proportions which cause anxiety or chaos. UNIVERSAL VIGILANCE AT ALL TIMES IS A PRE-REQUISITE OF HARMONIOUS LIVING.

We would like to expand on the „bud“ metaphor. We would ask you to treat life as a path through a bed of roses which needs constant attention. When pests appear, or when a leaf becomes diseased it is best to remove the cause lest it spread to the whole bush and threaten its life-sap. RECOGNISING THAT WHICH DESTROYS IS PARAMOUNT, AND NURTURING BUDS WITH THE POTENTIAL OF METAMORPHOSING INTO BEAUTIFUL BLOOMS IS THE WAY TO PROSPERITY, PEACE AND ABUNDANCE.

The essence of this is to DO BOTH AT THE SAME TIME: THE ERRADICATION OF ALL WHICH HARMS, SIMULTANEOUS WITH THE ENCOURAGEMENT OF ALL WHICH BENEFITS HUMANKIND.

We ask you to be watchful, ever watchful, keeping yourself in a state of constant reassessment of your behaviour, your often self-imposed boundaries, your often acceptance of limits imposed by

outside sources. Thus you will learn to trust THE INSIDE SOURCE which is ever searching to improve self and improve the surroundings for self and for others.

This is the adventure, Beloved Children, to move ever forward and onward, exploring and searching, with love in your hearts, to inspire and contribute in ever increasing numbers of ways and dimensions, until your experience incorporates more and more perspectives until YOU BECOME ONE WITH ALL AND UNTIL YOU CONTAIN ALL PERSPECTIVES WITHIN YOURSELF.

This is what we call SPIRITUAL GROWTH: progressing from one concept of yourself to another with ever increasing speed and with ever increasing devotion to the Divine, accompanied by the desire to serve and uplift externally.

The time to come will lift you from one paradigm to another. The effect of this may plunge you into the trough of dismay, as you may indeed realise that you have failed a very significant awareness test, and the pain of falling into the trough of the wave may be great.

Know, however, that the exhilaration of rising to the crest of the wave together with the extreme and joyful anticipation of new beginnings will override that initial despair. Know that there is huge potential for upward movement in all aspects should you be able to reassess the past, release it and look to the new opportunities presented to you.

Indeed, these will be PRESENTED. You will have time to ponder, to reassess and to choose. And indeed these opportunities are PRESENTS – gifts of progression and increased opportunities from your Creator for your personal use, should you be AWARE and MAKE CONSCIOUS CHOICES to accept.

We hope this will be an inspiration to DREAM YOUR DREAMS and DREAM THE IMPOSSIBLE, for all this can move into the range of PROBABILITY and MANIFESTATION.

Some may be completely overwhelmed by such possibilities. Some may choose to play with one or two possibilities, and they will find themselves in an environment where these one or two possibilities can evolve without pressure, at the pace of one's own choosing.

But whatever the pace, hints of blockages in the form of obstacles, misunderstandings or ruts in the road MUST BE ADDRESSED AT ALL TIMES TO ASSURE THE SMOOTH PASSAGE AND TRANSITION OF YOURSELVES AND YOUR EARTH.

We love you, Seraphin.